

## Alpena County Resources

### District Health Department #4

Alpena County  
100 Woods Circle, Suite 200  
Alpena, MI 49707  
Phone: (989) 356-4507  
Fax: (989) 356-9080

### Northwest Michigan Community Health Agency

Health Promotion Division  
[www.nwhealth.org](http://www.nwhealth.org)

### Michigan State University

[Cooperative Extension](#)  
Alpena County Fairgrounds  
603 S. 11th Avenue  
Phone: (989) 354-9870  
Fax: (989) 354-9898

### Alpena Regional Medical Center

[www.alpenaregionalmedicalcenter.org/index.php](http://www.alpenaregionalmedicalcenter.org/index.php)

### Michigan Diabetes Outreach Network

[www.diabetesinmichigan.org/HomeTIPDON.htm](http://www.diabetesinmichigan.org/HomeTIPDON.htm)

Find information, diabetes support group listings, and links to other health-related websites. Inquire about free diabetes clinics.

## Organization & Association web links

### American Cancer Society

1 800 227-2345

[www.cancer.org](http://www.cancer.org)

### American Heart Association

1 800 242-8721

[www.americanheart.org](http://www.americanheart.org)

### American Lung Association

[www.alam.org](http://www.alam.org)

For local resources call: 1-800-LUNG-USA. For lung health questions call: 1-800-548-8252



**American Diabetes Association**

1 800 232-3472

[www.diabetes.org](http://www.diabetes.org)

**American Dietetic Association**

1 800 366-1655

[www.eatright.org](http://www.eatright.org)

**Centers for Disease Control**

[www.cdc.gov](http://www.cdc.gov)

**Michigan Steps Up**

[www.michiganstepsup.org](http://www.michiganstepsup.org)

**National Institutes of Health (of the US Dept of Health and Human Services)**

[www.nih.gov](http://www.nih.gov)

**US Dept of Health and Human Services**

[www.hhs.gov/](http://www.hhs.gov/)

**Alcoholics Anonymous**

[www.aa.org](http://www.aa.org)

## **Other Wellness Related Links**

**Alcoholism or Alcohol Abuse**

National Interactive Screening Project. Call for an anonymous Alcohol Screening toll free at 1-800-887-5676, or go online at [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".

State of Michigan, Employee Service Program, toll free 1-800-521-1377

**Depression Screening**

National Interactive Screening Project. Call for an anonymous Depression Screening toll free at 1-800-887-5676, or go online at [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".

State of Michigan, Employee Service Program, toll free 1-800-521-1377

**Anxiety Screening**

For a free anonymous Anxiety Screening go online at:

[www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".

State of Michigan, Employee Service Program, toll free 1-800-521-1377

**Eating Disorders Screening**

For a free anonymous Screening go online at:

[www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".

State of Michigan, Employee Service Program, toll free 1-800-521-1377

## **Michigan Coalition Against Domestic & Sexual Violence**

3893 Okemos Road, Ste B2

Okemos MI 48864

ph: 517 347-7000

fax: 517 347-1377

National Hotline: 1 800 799-SAFE

[www.ncadv.org](http://www.ncadv.org)

## **Recreation**

**Michigan's 97 State Parks** offer a variety of opportunities for physical activity, including canoeing, hiking, bicycling, swimming, water skiing and snow skiing.

[www.michigan.gov/dnr/0,1607,7-153-10365---,00.html](http://www.michigan.gov/dnr/0,1607,7-153-10365---,00.html)

**North Country Trail information**

[www.northcountrytrail.org](http://www.northcountrytrail.org)

**Great Lakes Sports Publications**

[www.glsp.com](http://www.glsp.com)

**Michigan Run Calendar**

[www.runmichigan.com/eventcalendar/list/](http://www.runmichigan.com/eventcalendar/list/)

**Michigan bicycle club info:**

[www.lmb.org/pages/Resources/biking\\_in\\_MI/clubs.htm](http://www.lmb.org/pages/Resources/biking_in_MI/clubs.htm)

[www.mmba.org/](http://www.mmba.org/)

**Michigan Walking club and events info:**

[www.ava.org](http://www.ava.org)

**Want to start something in your area? Try these websites.**

**Promoting Active Communities**

[www.mihealthtools.org/communities/Default.asp?tab=Resources](http://www.mihealthtools.org/communities/Default.asp?tab=Resources)

**America On the Move**

[www.americaonthemove.org](http://www.americaonthemove.org)

**America Walks**

[www.americawalks.org](http://www.americawalks.org)