

# Baraga County Resources

## Western UP District Health Department

### Baraga County

303 Baraga Ave.

L'Anse, MI 49946

Phone: (906) 524-6142

Fax: (906) 524-6144

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

## MSU Cooperative Extension

### Baraga County

Baraga County Extension

Courthouse Annex

L'Anse 49946-1002

(906) 524-6300

## Michigan Diabetes Outreach Network

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

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

For diabetes education:

Baraga County Memorial Hospital (906) 524-3354

Keweenaw Bay Indian Community (906) 353-4519

## Wellness Council of the Upper Peninsula

[www.fitUP.org/WCHome.html](http://www.fitUP.org/WCHome.html)

Encourages active involvement in fitness programs.

## Get Moving UP: Step To Good Health Campaign

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

A "region-wide initiative to prevent obesity and improve health by increasing lifestyle physical activity". The program promotes use of pedometers and tracking ones steps & progress.

## Organization & Association web links

### American Cancer Society

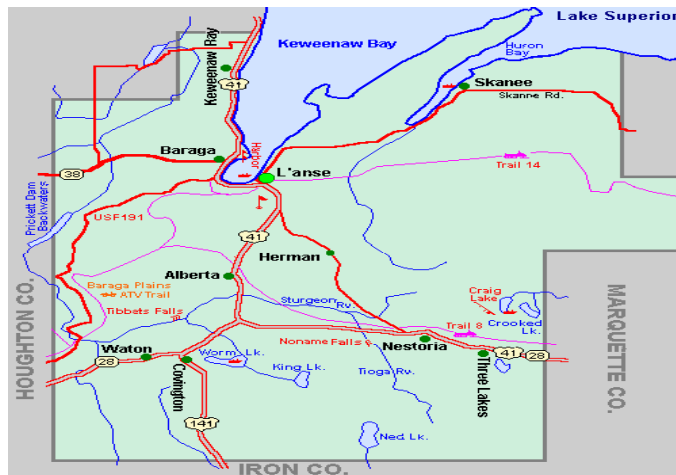
1 800 227-2345

[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 a free anonymous Alcohol Screening toll free 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 a free anonymous Depression Screening toll free 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)