

Barry County Resources

Barry-Eaton District

[Health Department](#)

1033 Health Care Dr.
Charlotte, MI 48813
Phone: (517) 543-2430
Direct Lansing Line:
(517) 485-7110
Fax: (517) 543-7737
(517) 543-0451

MSU Cooperative Extension

Barry [County Extension](#)

220 West Court Street
Hastings, MI 49058-1824
Phone: (269) 945-1388
Fax: (269) 948-3323

Michigan Diabetes Outreach Network

(616) 735-1118 or (800) 472-3175

www.diabetesinmichigan.org/HomeTENDON.htm

Pennock Health and Wellness Center

Pennock Healthcare Services
1009 West Green Street
Hastings, Michigan - 49058-1709
Phone: (269) 945-3451
Fax: (269) 945-4130
www.pennockhealth.com/

Organization & Association web links

American Cancer Society

1 800 227-2345

www.cancer.org

American Heart Association

1 800 242-8721

www.americanheart.org

American Lung Association

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

American Dietetic Association
1 800 366-1655
www.eatright.org

Centers for Disease Control
www.cdc.gov

Michigan Steps Up
www.michiganstepsup.org

National Institutes of Health (of the US Dept of Health and Human Services)
www.nih.gov

US Dept of Health and Human Services
www.hhs.gov/

Alcoholics Anonymous
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. 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. 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. 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. 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

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

North Country Trail information

www.northcountrytrail.org

Great Lakes Sports Publications

www.glsp.com

Michigan Run Calendar

www.runmichigan.com/eventcalendar/list/

Michigan bicycle club info:

www.lmb.org/pages/Resources/biking_in_MI/clubs.htm

www.mmba.org/

Michigan Walking club and events info:

www.ava.org

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

Promoting Active Communities

www.mihealthtools.org/communities/Default.asp?tab=Resources

America On the Move

www.americaonthemove.org

America Walks

www.americawalks.org