

Bay County Resources

County Health Department

Bay County Health Dept.
1200 Washington Ave.
Bay City, MI 48708
Phone: (989) 895-4009
Health Info Line (989) 895-4192
www.co.bay.mi.us

MSU Cooperative Extension

Bay County Extension
515 Center Avenue
Bay City, MI 48708-5124
Phone: (989) 895-4026
Fax: (989) 895-4217
www.msue.msu.edu/msue/ctyentpg/bay.html

Michigan Diabetes Outreach Network

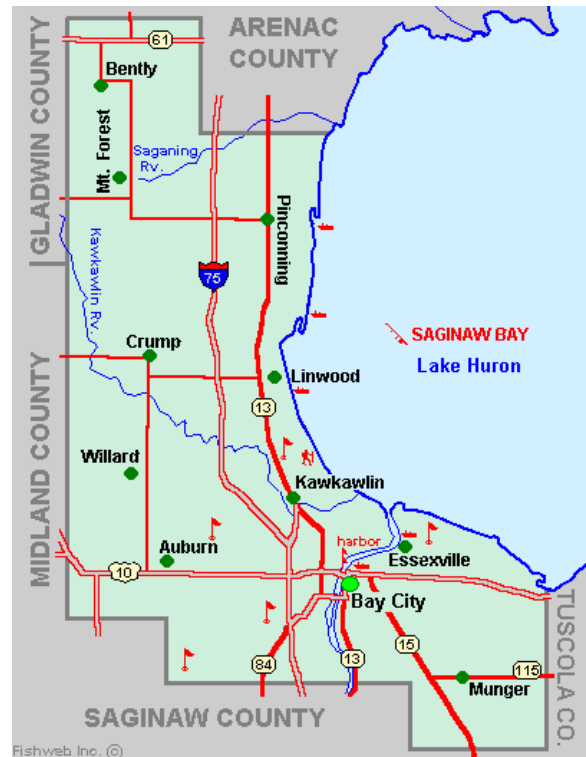
3085 Bay Road, Suite 9
Saginaw, MI 48603
Phone: (989) 249-0170
(800) 323-6614
Fax: (989) 249-0067
www.diabetesinmichigan.org/HomeECDON.htm

Bay Regional Center

Blood Pressure Screening
(800) 840-3147
Healthy Living Series
(989) 667-6600
Individual Nutritional Counseling
(989) 667-6303
Type 2 Diabetes Support Group
(989) 894-8628
www.baymed.org

Ingham Regional Medical Center & affiliate organizations

Healthwise University
Community education classes, blood pressure screenings and health screenings are offered by Bay Regional Medical Center. Call (989) 894-3936 for information.



Health & Wellness 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 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 screening go online www.mentalhealthscreening.org/screening.
Keyword is "espmi".

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

Depression Screening

Call for a free anonymous screening toll free 1-800-887-5676, or go online
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 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

YMCA

www.ymcabaycity.com/

111 N. Madison Avenue

Bay City, MI 48708

(989) 895-8596

Yoga, basketball, bench stepping, strength training, racquetball, paddleball, Tae-Kwon Do

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