

Benzie County Resources

Benzie-Leelanau District Health Department

6051 Frankfort Highway, Suite 100
Benzonia, MI 49617
Phone: 231-882-4409
Fax: 231-882-2204
www.bldhd.org

Northwest Michigan Community Health Agency

Health Promotion Division
www.nwhealth.org

MSU Cooperative Extension

[Benzie County](http://www.benziecounty.org)
Benzie County Extension
Government Center
Beulah 49617-0349
(231) 882-0025

Crystal Resources Wellness Centers

3157 Indian Hill Rd
Honor, MI
(231) 325-2888

Michigan Diabetes Outreach Network

www.diabetesinmichigan.org/HomeTIPDON.htm

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

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

District 11 Central Office

124 N. Division St.

Traverse City, Michigan 49684

(231) 946-8823

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

www.kvwalkers.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