

Berrien County Resources

Berrien County Health Department

769 Pipestone Rd.

P.O. Box 706

Benton Harbor, MI 49023-0706

Phone: (269) 926-7121 Health Dept

Email: bchd@bchdmi.org

Web Site: www.berriencohlthdept.org/

MSU Cooperative Extension

[Berrien County](#) Extension

1737 Hillandale Road

Benton Harbor, MI 49022

Phone: (269) 944-4126

or

Mercy Center, 2nd Floor

960 Agard Avenue, Suite 140

Benton Harbor, MI 49022-4032

Phone: (269) 925-4822

Michigan Diabetes Outreach Network

www.diabetesinmichigan.org/HomeSODON.htm

658 E Chicago Road

Coldwater, MI 49036

Phone: (517) 279-2267 or (800) 795-7800

Fax: (517) 279-2268

Blood Pressure Screenings

By Lifespan visiting Nurse Service

For information call: (517) 279-7550

Lakeland Regional Health System

Lakeland Health & Healing, www.lakelandhealth.org/

Organization & Association web links

www.cancer.org

American Cancer Society 1 800 227-2345

www.americanheart.org

American Heart Association 1 800 242-8721



www.alam.org

American Lung Association

For local resources call: 1-800-LUNG-USA

For lung health questions call: 1-800-548-8252

www.diabetes.org

American Diabetes Association 1 800 232-3472

www.eatright.org

American Dietetic Association 1 800 366-1655

www.cdc.gov

Centers for Disease Control

www.michiganstepsup.org

Michigan Steps Up

www.nih.gov

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

www.hhs.gov/

US Dept of Health and Human Services. Has wellness links.

www.aa.org

Alcoholics Anonymous

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. 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. 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

Berrien county parks information

www.berriencounty.org/parks/

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/

Southwestern Michigan College

Community Resources

www.swmich.edu/resources/

YMCA Niles-Buchanan

315 West Main

Niles, MI 49120

(616) 683-1552

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