

Calhoun County Resources

Calhoun County Health Department

190 E. Michigan Ave.
Battle Creek, MI 49014
Phone: 269-969-6375
Fax: 269-966-1489
Web Site: www.calhouncountymi.org

MSU Cooperative Extension

[Calhoun County](#) Extension
County Building
315 West Green Street
Marshall, MI 49068-1518
Phone: (269) 781-0784
Fax: (269) 781-0768

Michigan Diabetes Outreach Network

www.diabetesinmichigan.org/HomeSODON.htm
658 E. Chicago Road
Coldwater, MI 49036
Phone: (517) 279-2267
(800) 795-7800
Fax: (517) 279-2268

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

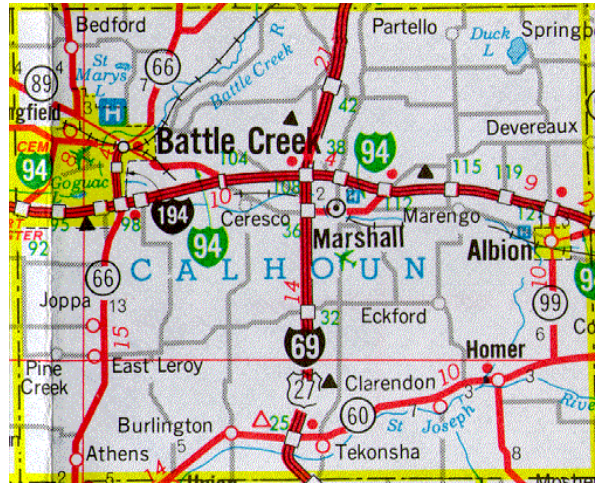
For lung health questions call: 1-800-548-8252

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 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

YMCA Center of Battle Creek

www.ymcabattlecreek.org

182 Capital Avenue NE

Battle Creek, Michigan 49017

(616) 963-9622

Albion College

www.albion.edu/

Kellogg Community College

www.kellogg.cc.mi.us/

Energetics, Pilates, Yoga classes via Lifelong Learning:

www.kellogg.cc.mi.us/schedule/lifelong/fitness.html

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