

Clare County Resources

Clare County Health Department

225 W. Main St.
Harrison, MI 48625
Phone: (989) 539-6732/3014
Fax: (989) 539-4449
www.cmdhd.org/

MSU Cooperative Extension

[Clare County](#) Extension
County Building
PO Box 439
Harrison, MI 48625-0439
Phone: (989) 539-7805
Fax: (989) 539-2791

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

Mid-Michigan Health

www.midmichigan.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

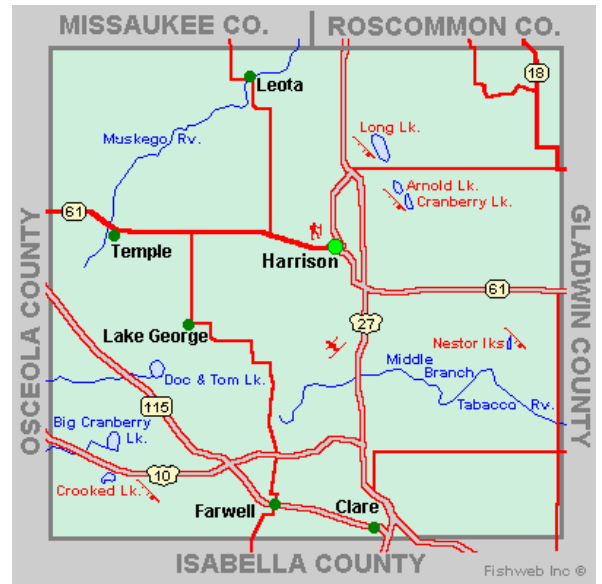
American Lung Association

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 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

Depression Screening

- National Interactive Screening Project. Call for a free anonymous Depression 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

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

Mid-Michigan Community College

www.midmich.cc.mi.us/

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