

Eaton County Resources

Hayes Green Beach Hospital

www.hgbfasthealth.com

This web site has pertinent information about blood pressure, fitness and nutrition.

Hayes Green Beach Wellness Center

www.hgbhealth.com/

Charlotte, Michigan

517-543-9575

Eaton Rapids Medical Center

www.eatonrapidsmedicalcenter.org/

(517) 663-2671

Community Partners In Health

www.cphlansing.com



The following **schools** offer community education, including a variety of fitness classes: Please refer to the continuing or community education section or call the phone number provided.

Grand Ledge Public Schools (517) 321-7781

www.glps.k12.mi.us/

Eaton Rapids Public Schools (517) 663-1209

www.erps.k12.mi.us/

A general website for Eaton County

www.eatoncounty.org

For diabetic resources in your area:

www.diabetesinmichigan.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 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 Anxiety 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

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 local resources: 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

Recreation

Eaton County Parks

www.eatoncounty.org/Departments/Eaton_County_Parks_Recreation.htm

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

Sparrow LifeTime

Lansing

www.sparrowhealth.net/Default.aspx?tabid=611

Sparrow LifeTime is a membership program sponsored by Sparrow Health System that offers a variety of health education and wellness programs to people aged 50 and over.

YMCA Westside Community Branch Lansing

www.ymcaoflansing.org/westsidecommunityymca.html

3700 Old Lansing Rd.

(517) 316-9622

YMCA Downtown Lansing

www.ymcaoflansing.org

Wellness Center

119 N. Washington Square

(517) 484-4000

Lansing Community College

Learning for Life

www.lcc.edu/ece/learning4life/learning_for_life.aspx

Michigan State University

www.msu.edu