

# Gladwin County Resources

## Gladwin County Health Department

103 Bowery  
Gladwin, MI 48624  
Phone: (989)426-9431  
Fax: (989)426-6952  
[www.cmdhd.org/](http://www.cmdhd.org/)

## MSU Cooperative Extension

[Gladwin County](#) Extension  
County Library Building  
555 West Cedar Street  
Gladwin, MI 48624-2025  
Phone: (989)426-7741  
Fax: (989)426-6781

## Michigan Diabetes Outreach Network

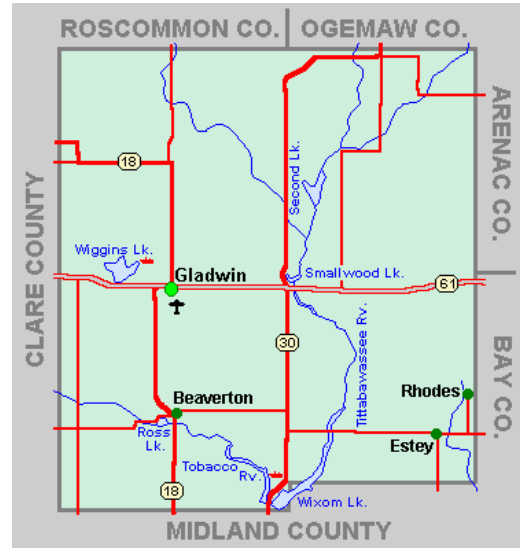
3085 Bay Road, Suite 9  
Saginaw, MI 48603  
Phone: (989) 249-0170  
(800) 323-6614  
Fax: (989) 249-0067  
[www.diabetesinmichigan.org/HomeECDON.htm](http://www.diabetesinmichigan.org/HomeECDON.htm)

## Mid-Michigan Medical Center

Gladwin, MI  
[www.midmichigan.org/](http://www.midmichigan.org/)

## Organization & Association web links

- [www.cancer.org](http://www.cancer.org)  
American Cancer Society 1 800 227-2345
- [www.americanheart.org](http://www.americanheart.org)  
American Heart Association 1 800 242-8721
- [www.alam.org](http://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](http://www.diabetes.org)  
American Diabetes Association 1 800 232-3472



- [www.eatright.org](http://www.eatright.org)  
American Dietetic Association 1 800 366-1655
- [www.cdc.gov](http://www.cdc.gov)  
Centers for Disease Control
- [www.michiganstepsup.org](http://www.michiganstepsup.org)  
Michigan Steps Up
- [www.nih.gov](http://www.nih.gov)  
National Institutes of Health (of the US Dept of Health and Human Services)
- [www.hhs.gov/](http://www.hhs.gov/)  
US Dept of Health and Human Services. Has wellness links.
- [www.aa.org](http://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](http://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 screening toll free 1-800-887-5676, or go online [www.mentalhealthscreening.org/screening](http://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](http://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](http://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](http://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](http://www.michigan.gov/dnr/0,1607,7-153-10365---,00.html)

### **North Country Trail information**

[www.northcountrytrail.org](http://www.northcountrytrail.org)

### **Great Lakes Sports Publications**

[www.glsp.com](http://www.glsp.com)

### **Michigan Run Calendar**

[www.runmichigan.com/eventcalendar/list/](http://www.runmichigan.com/eventcalendar/list/)

### **Michigan bicycle club info**

[www.lmb.org/pages/Resources/biking\\_in\\_MI/clubs.htm](http://www.lmb.org/pages/Resources/biking_in_MI/clubs.htm)

[www.mmba.org/](http://www.mmba.org/)

### **Michigan Walking club and events info**

[www.ava.org](http://www.ava.org)

**Want to start something in your area? Try these websites:**

### **Promoting Active Communities**

[www.mihealthtools.org/communities/Default.asp?tab=Resources](http://www.mihealthtools.org/communities/Default.asp?tab=Resources)

### **America On the Move**

[www.americaonthemove.org](http://www.americaonthemove.org)

### **America Walks**

[www.americawalks.org](http://www.americawalks.org)