

Gogebic County Resources

Western Upper Peninsula District Health Department Gogebic County

210 N. Moore St.
Bessemer, MI 49911
Phone: (906) 667-0200
Fax: (906) 667-0020

www.westernuphealth.org/

MSU Cooperative Extension

[Gogebic County](#) Extension

104 South Lowell
Ironwood 49938-2044
(906) 932-1420

Michigan Diabetes Outreach Network

www.diabetesinmichigan.org/HomeUPDON.htm

For diabetes education in the U.P.:

www.diabetesinmichigan.org/PDF

For community education information:

Grand View Health System (906) 932-2443

www.gvhs.org/

Wellness Council of the Upper Peninsula

www.fitUP.org/WCHome.html

Encourages active involvement in fitness programs

Get Moving UP

www.fitup.org

A "region-wide initiative to prevent obesity and improve health by increasing lifestyle physical activity".

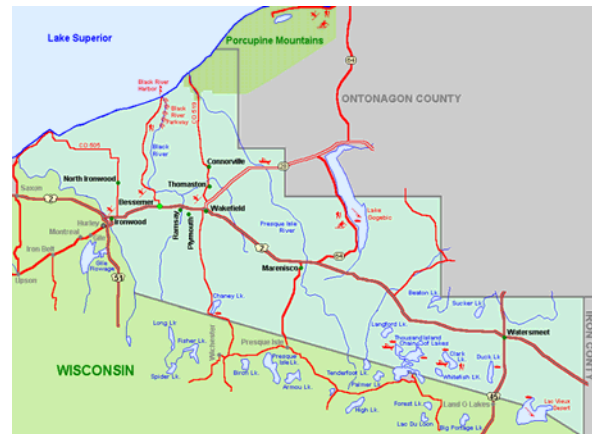
Organization & Association web links

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

Mailing address: Grand Central Station, P.O. Box 459, New York, N.Y. 10163

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

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