

Grand Traverse County Resources

Grand Traverse Health Department

2325 Garfield Rd. North
Traverse City, MI 49686
Phone: (231) 922-4831
Fax: (231) 922-2719

Northwest Michigan Community Health

www.nwhealth.org

MSU Cooperative Extension

[Grand Traverse County](#)

Grand Traverse Co Extension, Suite A
Traverse City 49684-2208
(231) 922-4620

Munson Health Care

For patient health education calendar of events for the Grand Traverse area, visit website:
www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/MonthsListing
(wellness and fitness, nutrition, diabetes education, etc.)

Munson Medical Center

For more information regarding health education offerings:
(231) 935-5000
www.MunsonHealthCare.org

Crystal Resources Wellness Centers

3157 Indian Hill Rd
Honor, MI
(231) 325-2888

Michigan Diabetes Outreach Network

www.diabetesinmichigan.org/HomeTIPDON.htm

Organization & Association web links

www.cancer.org

American Cancer Society 1 800 227-2345

www.americanheart.org

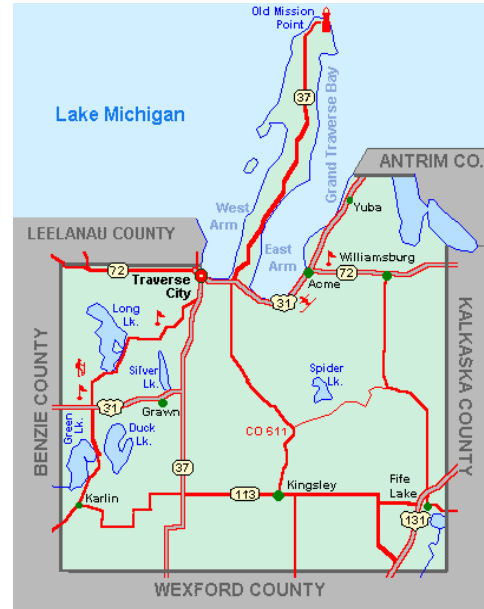
American Heart Association 1 800 242-8721

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

Traverse City Alcoholics Anonymous, District 11 Central Office

124 N. Division St.

Traverse City, Michigan 49684

(231) 946-8823 (24 hour hotline)

www.district11-aa.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

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

Grand Traverse County Parks and Recreation information:

www.grandtraverse.org/ (click "Departments", then "Parks and Recreation")

(231) 922-4818

YMCA Traverse City

(231) 933-9622

www.gtbayymca.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