

Gratiot County Resources

Gratiot County Health Department

151 Commerce Drive
Ithaca, MI 48847-1627
Phone: (989) 875-3681
Fax: (989) 875-3747
www.mmdhd.org/

MSU Cooperative Extension

[Gratiot County](#) Extension
214 East Center Street
Ithaca, MI 48847-1446
Phone: (989) 875-5233
Fax: (989) 875-5200

Michigan Diabetes Outreach Network

3950 Lake Michigan Drive
Grand Rapids, MI 49544
Phone: (616) 735-1118
(800) 472-3175
Fax: (616) 735-1262
www.diabetesinmichigan.org/HomeTENDON.htm

Diabetes Support Group

Sheridan Community Hospital
www.sheridanhospital.com/
First Wednesday of every month, 1:30-2:30 pm
For more information call 989-291-3261, ext. 240

Gratiot Health System

300 E. Warwick Drive
Alma, Michigan 48801
Phone: (989) 463-1101
[Gratiot Health](#)

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 an anonymous Alcohol Screening toll free at 1-800-887-5676, or go online www.mentalhealthscreening.org/screening. Keyword is "espmi".

Depression Screening

National Interactive Screening Project. Call for an anonymous Depression Screening toll free at 1-800-887-5676, or go online www.mentalhealthscreening.org/screening. Keyword is "espmi".

Anxiety Screening

For a free anonymous screening go online www.mentalhealthscreening.org/screening. Keyword is "espmi".

Eating Disorders Screening

For a free anonymous screening go online www.mentalhealthscreening.org/screening. Keyword is "espmi".

State of Michigan, Employee Service Program

Call toll free at 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