

# Ingham Co. Health Resource List

## Healthy Lifestyle:

Community Partners In Health

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

[alicia@playmakers.com](mailto:alicia@playmakers.com)

## Michigan Athletic Club

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

(517) 337-8255

## Court One Athletic Club

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

East (517) 349-1199

North (517) 372-9531

## YMCA of Lansing

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

(517) 484-4000 (downtown)

(517) 316-9622 (westside)

(517) 699-9622 (southside)

(517) 332-8657 (eastside)

## Powerhouse Gyms

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

DeWitt (517) 669-7127

E. Lansing (517) 342-0900

## Fitness USA

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

W. Saginaw Hwy (517) 323-7700

Frاندor Mall (517) 351-0200

## Go Work Out

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

(517) 321-3111

## University Club

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

(517) 353-5111

## Bicycling: Tri-County Bicycle Association

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

(517) 882-3700



**Walking and Hiking:** Lansing River Trail (517) 483-4277, Lansing Mall (517) 321-3534, Lansing Parks and Recreation (517) 483-4277. Also contact your township offices and community education departments for programs.

- Call your township and school community education offices for program availability
- "Fruits & Veggies More Matters" [www.fruitsandveggiesmorematters.org/](http://www.fruitsandveggiesmorematters.org/)
- FIT KIT - a free information tool for lifetime success in weight management. Call toll free 1-866-434-8548. Sponsored by MDCH.

## Hospice

- Toll free 1-800-264-9289
- Hospice House of Mid-MI (517) 267-2050
- Ingham Visiting Nurse and Hospice: toll free 1-800-722-9449, (517) 367-5923
- Hospice of Lansing (517) 882-4500

## Ingham County Health Department

- (517) 887-4315 [www.ingham.org/](http://www.ingham.org/)
- Blood pressure testing (517) 887-4316
- Smoking Cessation (517) 887-4315
- Ingham County Health Department's Health Promotion: (517) 887- 4315
- "SHARPS" collection: residents of Ingham County who use syringes, needles, and lancets to administer medications at home and produce "sharps" medical waste can prevent injury, infection and pollution by utilizing the Ingham County Medical Sharps Disposal Program. For further information call (517) 887-4312.

## Ingham Regional Medical Center [www.irmc.org](http://www.irmc.org)

- "Healthwise University" - Community Health Education Programs  
Toll free 1-877-224-4325  
[www.irmc.org/body.cfm?id=10](http://www.irmc.org/body.cfm?id=10)
- Physician Referral/ **find a doctor** - (517) 334-2395
- Diabetes Education and more - For cost and classes, call (517) 374-4911
- Smoking Cessation: Call (517) 367-5177 for information and cost

## Sparrow Hospital

Toll free: 1-800-SPARROW

[www.sparrow.org](http://www.sparrow.org) or [www.SparrowHealth.net](http://www.SparrowHealth.net)

- **Find a physician** and/or a support group: Toll free 1-800-772-7769
- Community Health Education and Resource Center: 1-800-SPARROW
- Sparrow Weight Management Center: (517) 333-7007
- Diabetes Education - For cost and classes, call (517) 364-5955

- Healthy Heart Exam: total cholesterol, HDL, LDL, trig., and risk ratio, blood sugar, BP, body fat analysis, bike test with EKG, computerized lifestyle analysis. Call 1 888 793 4325 to preregister.

## **Other Health Related Programs or 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](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".
- Alcoholics Anonymous (AA) - toll free 1-800-316-2748 or (517) 377-1444. Check online for a location in your area: [www.aa.org](http://www.aa.org)
- State of Michigan Employee Service Program (ESP) toll free 1-800-521-1377 Or (517) 373-7630
- Check your insurance carrier for their programs and coverage: use insurance website and/or phone number on the back of your insurance card.

### **American Cancer Society**

(517) 332-3300 or toll free 1-877-472-0322(CA hotline) or 1-800-ACS-2345.

[www.cancer.gov](http://www.cancer.gov) or [www.cancer.org/](http://www.cancer.org/)

- Breslin (Ingham Regional Medical) Cancer Center (517) 334-2337
- Cancer Information Service toll free 1-800-4-CANCER
- Sparrow Regional Cancer Center (517) 364-3814
- Stop Smoking Program: [www.smokefree.gov](http://www.smokefree.gov)

### **American Heart Association**

(517)349-3102 or toll free 1-800-AHA-USA1.

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

- "Heart and Stroke News" free quarterly newsletter; call and sign-up for it.
- Free new 'Cholesterol Low Down' tools for the entire family: call toll free #, or logon to [www.americanheart.org/cld](http://www.americanheart.org/cld)

### **American Lung Association of MI**

(517)484-4980 or toll free 1-800-678-5864.

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

- Smoking cessation: [www.quitnet.com/](http://www.quitnet.com/), or "Freedom from Smoking" a free booklet.

### **Anxiety Screening**

- For a free anonymous Anxiety Screening go online at [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".
- State of Michigan, Employee Service Program, toll free 1-800-521-1377

### **Asthma/Allergy Foundation of America/MI**

- 1 888 444-0333 toll free
- Sparrow Asthma Education Office (517) 364-6333

### **Centers for Disease Control**

[www.cdc.gov](http://www.cdc.gov)

### **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](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".
- State of Michigan, Employee Service Program, toll free 1-800-521-1377
- Check your insurance carrier for their programs and coverage: use insurance website and/or phone number on the back of your insurance card.

### **Diabetes Association**

- American Diabetes Association 1 800 232-3472  
[www.diabetes.org](http://www.diabetes.org)

### **Dietetic Association**

- American Dietetic Association 1 800 366-1655  
[www.eatright.org](http://www.eatright.org)

### **Eating Disorders Screening**

- For a free anonymous Screening go online at [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)

## **Michigan Steps Up**

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

## **National Institutes of Health (of the US Dept of Health and Human Services)**

[www.nih.gov](http://www.nih.gov)

## **Smoking Cessation**

- American Lung Association: "Freedom from Smoking" 24- hour FREE smoking cessation support program [www.ffsonline.org](http://www.ffsonline.org)
- Cancer Information Service: [www.smokefree.gov](http://www.smokefree.gov)
- QUIT KIT (free): toll free 1-800-537-5666 from MI Dept. of Community Health
- Check your insurance carrier for their programs and coverage: use insurance website and/or phone number on the back of your insurance card
- Call your local health department, or school community education for program availability

## **US Dept of Health and Human Services**

[www.hhs.gov/](http://www.hhs.gov/)

## **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)

### **Hawk Island Park**

[www.ingham.org/PK/HI/himain.htm](http://www.ingham.org/PK/HI/himain.htm)

### **Lansing Calendar of Events**

[www.lansing.org/](http://www.lansing.org/) for events in Lansing

### **Lansing Community College**

Learning for Life

[www.lcc.edu/ece/learning4life/learning\\_for\\_life.aspx](http://www.lcc.edu/ece/learning4life/learning_for_life.aspx)

### **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)