

Ionia County Resources

Ionia County Health Department

Edwin C. Nash Building

175 E. Adams Street

Ionia, MI 48846

Phone: (616) 527-5341

www.ioniacounty.org/health-department/services-information.aspx

MSU Cooperative Extension

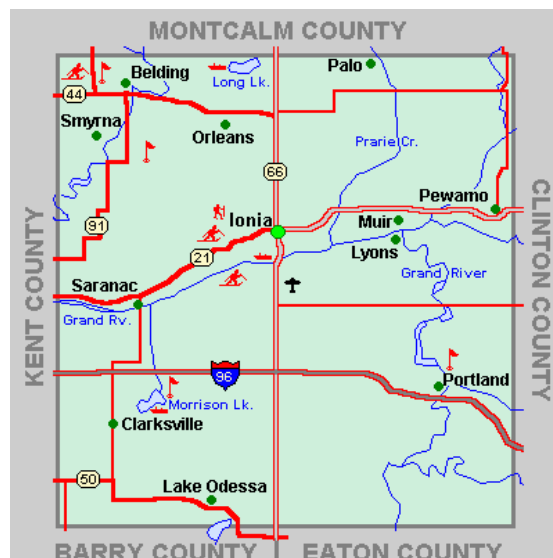
[Ionia County](#)

100 Library Street

Ionia, MI 48846-1605

Phone: (616) 527-5357

Fax: (616) 527-5312



Michigan Diabetes Outreach Network

(616) 735-1118 or (800) 472-3175

www.diabetesinmichigan.org/HomeTENDON.htm

Diabetes Support Group

Sheridan Community Hospital

First Wednesday of every month from 1:30-2:30 pm

For more information, email Kim Christensen at kimc@sheridanhospital.com or call 989-291-3261, ext. 240 or 1 800 488-8012

Ionia County Memorial Hospital

479 Lafayette Street

Ionia, Michigan 48846

Phone: (616) 527-4200

Fax: (616) 527-5731

www.ioniahospital.org/

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 at www.mentalhealthscreening.org/screening. Keyword is "espmi".

State of Michigan, Employee Service Program, toll free 1-800-521-1377

Depression Screening

Call for an anonymous Depression Screening toll free at 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