

Iron County Resources

Iron County

Health Department
601 Washington Avenue
Iron River, MI 49935
Phone: (906) 265-9913
Fax: (906) 265-2950
www.didhd.org

MSU Cooperative Extension

[Iron County](#)
2 South 6th Street
Crystal Falls 49920-1400
(906) 875-6642

Michigan Diabetes Outreach Network

www.diabetesinmichigan.org/HomeUPDON.htm
Diabetes support group listings

NorthStar Health System

www.northstarhs.org/getpage.php?name=index
Iron River
(906) 265-6121

Wellness Council of the Upper Peninsula

www.fitUP.org/WCHome.html
Encourages active involvement in fitness programs

Fit UP: Step To Good Health Campaign

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 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

National Interactive Screening Project. 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