

Isabella County Resources

**Central Michigan District
County Health Department**
2012 E. Preston Ave.
Mt. Pleasant, MI 48858
Phone: (989)773-5921
Fax: (989)773-4319
www.cmdhd.org

**MSU Cooperative Extension
Isabella County Extension**
200 North Main Street, 3rd Floor
Mt. Pleasant, MI 48858-2306
Phone: (989) 772-0911 ext 302
Fax: (989) 773-1622

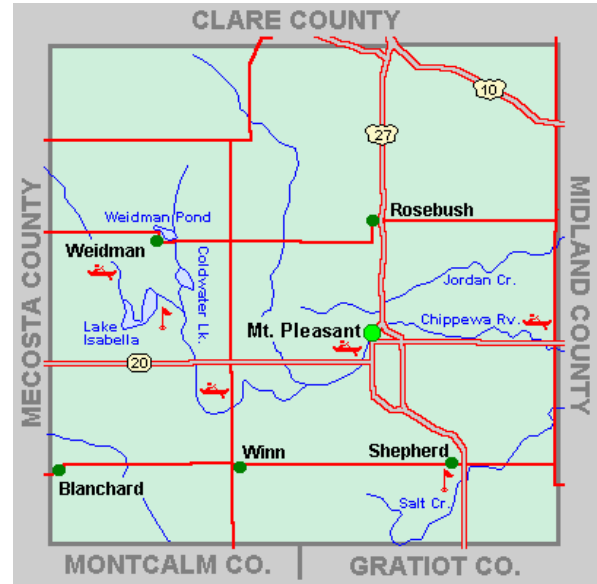
Michigan Diabetes Outreach Network
3085 Bay Road, Suite 9
Saginaw, MI 48603
Phone: (989) 249-0170
(800) 323-6614
Fax: (989) 249-0067
www.diabetesinmichigan.org/HomeECDON.htm

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.

Central Michigan Community Hospital
Community Health & Wellness Classes
(989) 779-5606
www.cmch.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 a free anonymous Alcohol Screening toll free 1-800-887-5676, or go online 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 a free anonymous screening toll free 1-800-887-5676, or go online 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 screening go online 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 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

Central Michigan University

www.cmich.edu/

Isabella County - Mt. Pleasant

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