

Kalamazoo County Resources

Kalamazoo County Health and Community Services

3299 Gull Rd.

P.O. Box 42

Nazareth, MI 49074-0042

Phone: (269) 373-5200

Fax: (269) 373-5363

www.kalcounty.com

MSU Cooperative Extension

[Kalamazoo County Extension](#)

Phone: (269) 383-8830

Fax: (269) 384-8035

Michigan Diabetes Outreach Network

658 E. Chicago Road

Coldwater, MI 49036

Phone: (517) 279-2267

(800) 795-7800

Fax: (517) 279-2268

www.diabetesinmichigan.org/HomeSODON.htm

Borgess Health and Fitness Center

3025 Gull Road

Kalamazoo, MI 49048

(269) 552-2348

www.borgess.com/

Bronson Hospital

601 John Street

Kalamazoo, MI 49007

(269) 341-7654

www.bronsonhealth.com/

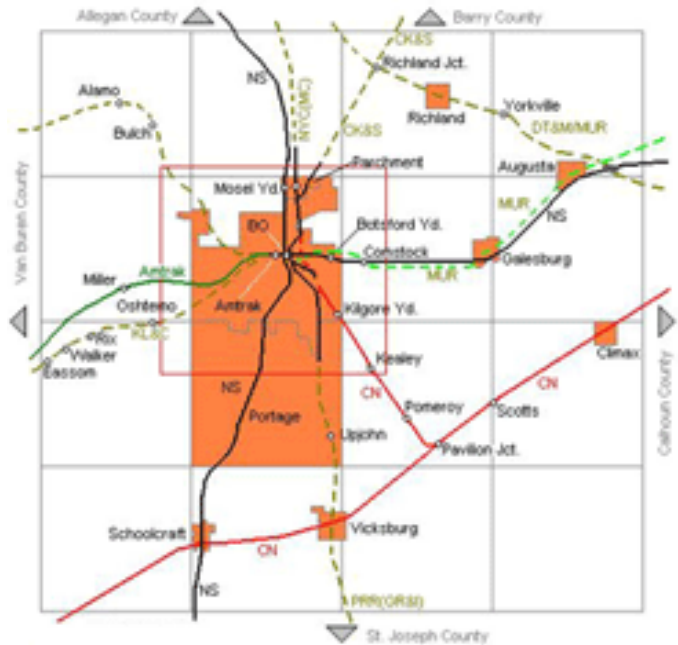
West Hills Athletic Club

2001 South 11th Street

Kalamazoo, MI 49009

(269) 387-0410

www.westhillsathletic.com



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

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 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 a free anonymous Depression Screening toll free 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 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

Kalamazoo County parks information

www.kalcounty.com/parks/

(269) 383-8778

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

www.kvwalkers.org/

YMCA, Kalamazoo County

1001 West Maple

Kalamazoo, MI 49008

(269) 345-9622

www.kzooyymca.org/

YWCA of Kalamazoo

353 East Michigan

Kalamazoo, MI 49007

(269) 345-5595

www.ywcakalamazoo.org/p/welcome.asp

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