

# Keweenaw County Resources

## Western Upper Peninsula District Health Department

540 Depot

Hancock, MI 49930

Phone: (906) 482-7382

Fax: (906) 482-9410

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



## MSU Cooperative Extension

Houghton\Keweenaw [County Extension](#)

1500 Birch Street

Hancock 49930-1062

(906) 482-5830

## Michigan Diabetes Outreach Network

[www.diabetesinmichigan.org/HomeTIPDON.htm](http://www.diabetesinmichigan.org/HomeTIPDON.htm)

## Wellness Council of the Upper Peninsula

[www.fitup.org/WCHome.html](http://www.fitup.org/WCHome.html)

Encourages active involvement in fitness programs

## Get Moving UP

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

A "region-wide initiative to prevent obesity and improve health by increasing lifestyle physical activity". The program promotes use of pedometers and tracking ones steps & progress.

## Organization & Association web links

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

American Cancer Society 1 800 227-2345

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

American Heart Association 1 800 242-8721

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

American Diabetes Association 1 800 232-3472

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

American Dietetic Association 1 800 366-1655

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

Centers for Disease Control

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

Michigan Steps Up

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

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

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

US Dept of Health and Human Services. Has wellness links.

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

# 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)

**North Country Trail information**

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

**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)