

Lapeer County Resources

Lapeer County Health Department

1800 Imlay City Rd.
Lapeer, MI 48446
Phone: 810-667-0391
Fax: 810-667-0232
lchd.lapeer.org

MSU Cooperative Extension

Lapeer [County Extension](#)
Lapeer, MI 48446
Phone: 810-667-0341

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

Lapeer Regional Medical Center

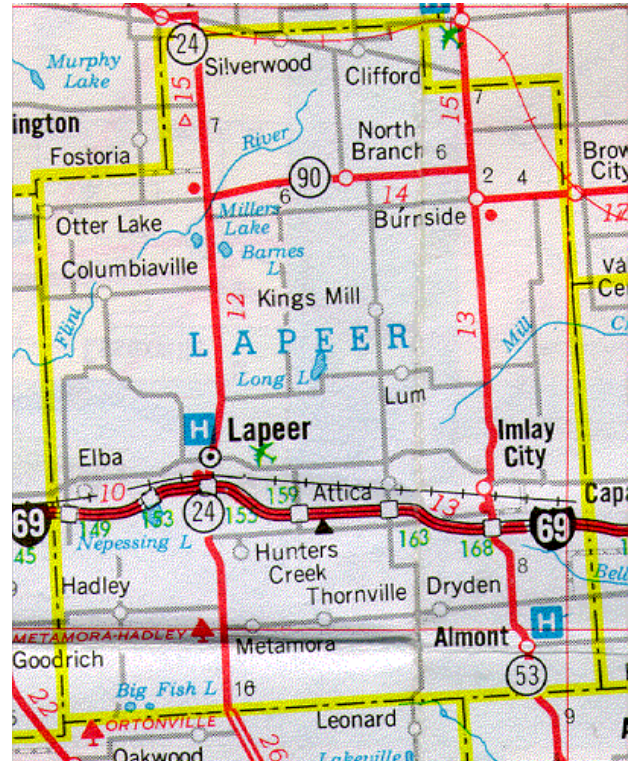
1375 N. Main
Lapeer, MI 48446
(810) 667-5500
www.lapeerhospital.org/

McLaren Regional Medical Center

401 South Ballenger Hwy
Flint, MI 48532
(810) 342-2000
www.mclaren.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

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