

Lenawee County Resources

Herrick Memorial Hospital, Tecumseh
Tecumseh
(517) 424-3398

Fitness Connection

Tecumseh Community Center
703 E Chicago Blvd
Tecumseh, MI 49286-9674
(517) 424-3399

This is a fitness center associated with Herrick Memorial Hospital. Trained staff can assist in personal training.

Bixby Medical Center

818 Riverside Ave.
Adrian, MI. 49221
(517) 265-0900

Tecumseh Public Schools

www.tps.k12.mi.us/web/
(517) 423-5634

This is a general website for Lenawee County

www.multimag.com/county/mi/lenawee

For diabetic resources in your area:

www.diabetesinmichigan.org

Organization & Association web links

www.cancer.org

American Cancer Society

www.americanheart.org

American Heart Association

www.alam.org

American Lung Association

For local resources call: 1-800-LUNG-USA

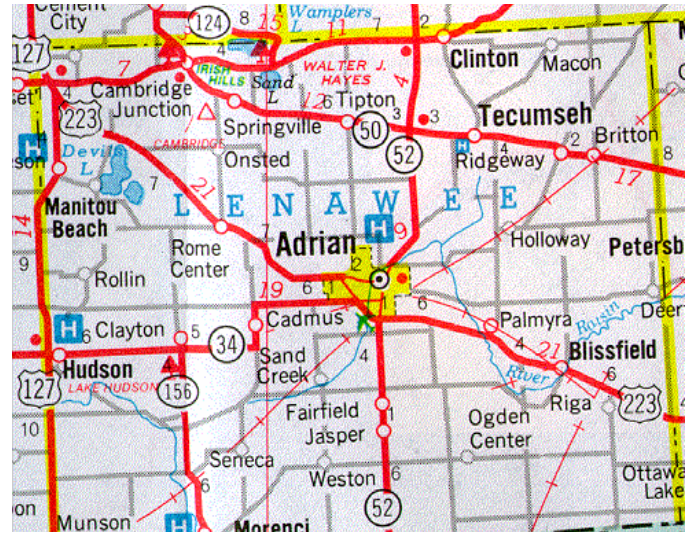
For lung health questions call: 1-800-548-8252

www.diabetes.org

American Diabetes Association

www.eatright.org

American Dietetic Association



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 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 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

YMCA of Lenawee County, Adrian

(517) 263-2151

www.ymcaoflenawee.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