

Luce County Resources

LMAS District Health Department

Luce County

14150 Hamilton Lake Rd.

Newberry, MI 49868

Phone: (906) 293-5107

Fax: (906) 293-5453

www.yooperaid.org/Luce/index.html

Click "Health" for links to numerous county health-related information listings

MSU Cooperative Extension

[Luce County](#) Extension

County Building, Room 26

Newberry 49868-1208

(906) 293-3203

Michigan Diabetes Outreach Network

www.diabetesinmichigan.org/HomeUPDON.htm

For diabetes support groups:

Helen Newberry Joy Hospital (906) 293-9286

Sault Tribe of Chippewa Indians (906) 293-8181

Wellness Council of the Upper Peninsula

www.fitup.org/WCHome.html

Encourages active involvement in fitness programs

Get Moving UP

www.fitup.org

A "region-wide initiative to prevent obesity and improve health by increasing lifestyle physical activity".

Organization & Association web links

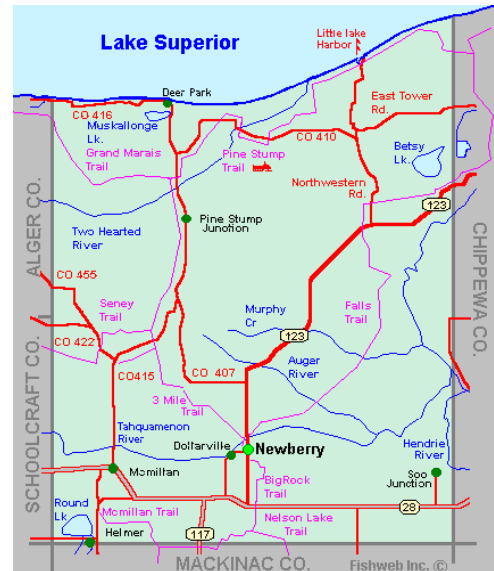
www.cancer.org

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

Mailing address: Grand Central Station, P.O. Box 459, New York, N.Y. 10163

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. Keyword is "espmi".

State of Michigan, Employee Service Program, toll free 1-800-521-1377

Depression Screening

Call for an anonymous Depression Screening toll free at 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

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