

Marquette County Resources

Marquette County Health Department

184 U.S. Highway 41 East

Negaunee, MI 49866

Phone: (906) 475-9977

Fax: (906) 475-9312

www.mqthealth.org

MSU Cooperative Extension

[Marquette County](#) Extension

200 West Spring Street

Marquette 49855-4630

(906) 226-4370

Michigan Diabetes Outreach Network

2803 US 41 West

Marquette, MI 49855

Phone: (906) 228-9203

(800) 369-9522

www.diabetesinmichigan.org/HomeUPDON.htm

Marquette General Health System

(906) 225-3473

Health related links:

www.mgh.org/links.html

For diabetes education:

www.mgh.org/diabetes/index.html

Bell Memorial Hospital, Ishpeming

(906) 486-4431

www.bellmemorial.org/

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-marquettecounty.org/announcements.php

Alcoholics Anonymous District 18

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

Marquette Soo Bahk Do Academy

1200 South Front Street

Marquette, MI 49855

(906) 226-4723

Traditional Martial Arts and Self-Defense Training

www.region5soobahkdo.com/.

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