

Midland County Resources

Midland County Health Department

220 W. Ellsworth St.
Midland, MI 48640-5194
Phone: (989) 832-6380
Fax: (989) 832-6628
Phone: (989) 832-6655 Clinics
Fax: (989) 837-6524 All Clinics
Web Site: www.co.midland.mi.us/health/

MSU Cooperative Extension

Midland [County Extension](#)
220 West Ellsworth Street
Midland, MI 48640-5194
Phone: (989) 832-6640
Fax: (989) 832-6758

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

Covenant HealthCare Michigan

515 N. Michigan Avenue
Saginaw, Michigan 48602
Phone: (989) 583-0000
www.covenanthealthcare.com/

Mid-Michigan Medical Center

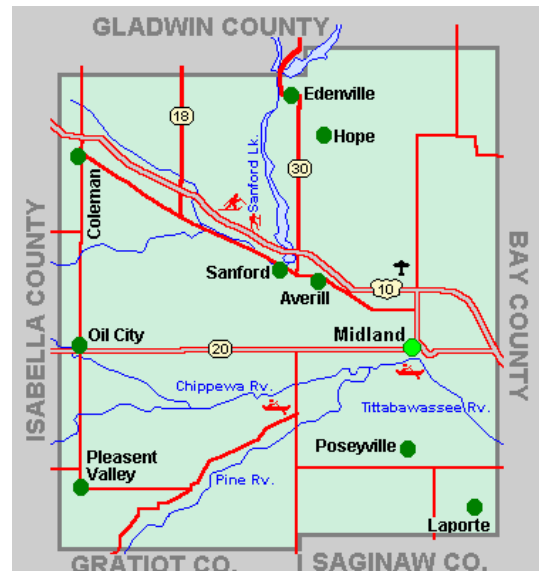
www.midmichigan.org/

Diabetes Support Group & Type 2 Diabetic Classes

Call the Diabetes Center at (989) 839-3123 or call (800) 727-3123 to register for a class

Freedom From Smoking Class

Call the MidMichigan Health Line at (989) 837-9090 or (800) 999-3199 to register



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.lung.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
- 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 an anonymous Alcohol Screening toll free 1-800-887-5676, or go online www.mentalhealthscreening.org/screening. Keyword is "espmi".

Depression Screening

- National Interactive Screening Project. Call for a free anonymous Depression Screening toll free 1-800-887-5676, or go online www.mentalhealthscreening.org/screening. Keyword is "espmi".

Anxiety Screening

- For a free anonymous screening go online www.mentalhealthscreening.org/screening. Keyword is "espmi".

Eating Disorders Screening

- For a free anonymous screening go online www.mentalhealthscreening.org/screening.
Keyword is "espmi".

State of Michigan, Employee Service Program

Call toll free at 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

Midland county parks information (989) 832-6870

www.co.midland.mi.us/parks/index.htm

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