

Montcalm County Resources

Montcalm County Health Department

Mid-Michigan District
Administrative Offices
615 N. State St., Suite 2
Stanton, MI 48888-9702
Phone: (989) 831-5237
Fax: (989) 831-5522
www.mmdhd.org

MSU Cooperative Extension

Montcalm [County Extension](#)
211 W. Main Street
PO Box 308
Stanton, MI 48888-0308
Phone: (989) 831-7500
Fax: (989) 831-7515

Michigan Diabetes Outreach Network

260 Leonard Street, Suite 2
Grand Rapids, MI 49504
Phone: (616) 458-9520 ext 109
www.diabetesinmichigan.org/HomeTENDON.htm

Sheridan Community Hospital

www.sheridanhospital.com/wellnessoutreach.asp
Diabetes Support Group, first Wednesday of every month from 1:30-2:30 pm
For more information, email Kim Christensen at <mailto:mkimc@sheridanhospital.com>
or call 989-291-3261 ext. 240

Organization & Association web links

www.cancer.org

American Cancer Society 1 800 227-2345

www.americanheart.org

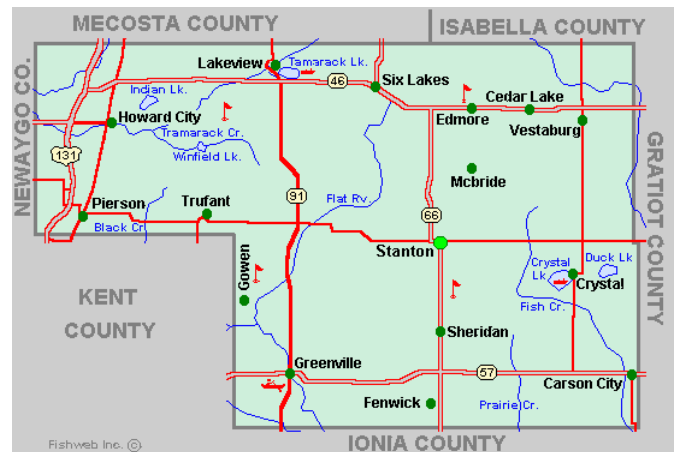
American Heart Association 1 800 242-8721

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 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

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

Montcalm Community College

www.montcalm.cc.mi.us/

Pool information:

www.montcalm.edu/recreation/Pool.htm

Gym & Fitness Center Information:

www.montcalm.edu/recreation/GymFC&CW.htm

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