

Oakland County Resources

Beaumont Hospital, Royal Oak and Troy

www.beaumonthospitals.com

Find a physician. Classes in diabetes education (248) 551-0952 and weight control (248) 655-5900 are offered.

Providence Hospital, Southfield

www.stjohn.org/Providence/

1 866 501-DOCS for healthy living classes

Crittenden Hospital, Rochester

www.crittenton.com/

Community education classes on health and wellness. Support groups also available.

www.crittenton.com/?id=313&sid=1

(248) 652-5269.

Botsford Health Continuum, Farmington Hills

www.botsfordsystem.org

A variety of classes and support groups are offered. Also find health information online.

Diabetes Information: (248) 477-6100

Governor's Council on Physical Fitness

www.michiganfitness.org

Promotes healthier living

A general website for county information is www.co.oakland.mi.us

Another website that has links to area resources for the county is www.oaklandweb.com

Michigan Diabetes Outreach Network

www.diabetesinmichigan.org/

Organization & Association web links

www.cancer.org

American Cancer Society

www.americanheart.org

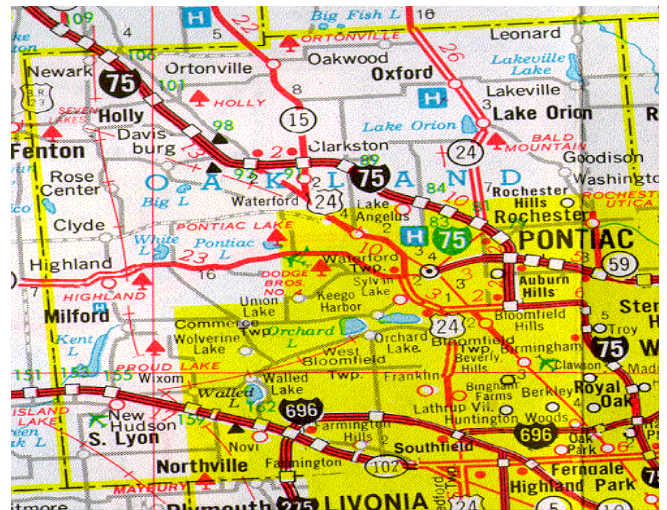
American Heart Association

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 an anonymous 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

National Interactive Screening Project. Call for an anonymous 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 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

Addison Oaks County Park information

Leonard, MI. "Scenic park with two lakes. Swimming, boating, picnicking, fishing, ice fishing, ice skating, hiking, mountain bike trails." "Six miles of marked nature trails, including ungroomed cross-country ski trails": <http://travel.michigan.org/detail.asp?m=4&p=615881>

Oakland county parks information

www.co.oakland.mi.us/parksrec/

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

Oakland University

www4.oakland.edu/

Oakland County - Rochester

YMCA Metropolitan Detroit

www.ymcadetroit.org/default.aspx

10900 Harper Ave

Detroit, MI 48213

(313) 267-5300

YMCA Northwestern Branch Detroit
(313) 533-3700

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