

Ottawa County Resources

Ottawa County Health Department

12251 James St., Suite 400

Holland, MI 49424

Phone: 616-396-5266

Fax: 616-393-5643

www.co.ottawa.mi.us

MSU Cooperative Extension

Ottawa [County Extension](#)

12220 Fillmore Street, Suite 122

West Olive, Michigan 49460

Phone: 616-994-4580

Fax: 616-994-4579

Michigan Diabetes Outreach Network

Phone: (616) 458-9520 ext. 109

www.diabetesinmichigan.org/HomeTENDON.htm

Holland Community Hospital

602 Michigan Avenue, Holland, MI 49423

Phone: (616) 392-5141

info@hollandhospital.org

myhealth.hollandhospital.org/HealthyLiving/healthyliving.htm

North Ottawa Community Health System

1309 Sheldon Rd.

Grand Haven, MI 49417

(616) 842-3600

www.noch.org

Zeeland Community Hospital

8333 Felch Street

Zeeland, MI 49464

Phone: (616) 772-4644

www.zch.org/Brix?pageID=2

Health screening information

www.zch.org/Brix?pageID=94



Norton Pines Athletic Club

www.nortonpines.com

offers group fitness events

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 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 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

Ottawa county parks information

www.miottawa.org/ParksVI/Parks//index.htm

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

www.kvwalkers.org/

Grand Valley State University

Ottawa County - Allendale

www.gvsu.edu/index.cfm

Wellness and fitness services are available for students & faculty

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