

# St. Joseph County Resources

## Branch-Hillsdale-St. Joseph Community Health Agency

1110 Hill St.  
Three Rivers, MI 49093  
Phone: (269) 273-2161  
[www.bhsj.org/](http://www.bhsj.org/)

209 W. Hatch St.  
Sturgis, MI 49091  
Phone: (269) 659-4013

## MSU Cooperative Extension

### [St. Joseph County Extension](#)

612 E. Main St  
Centreville, MI 49032  
Phone: (269) 467-5511  
Fax: (269) 467-5641

## Michigan Diabetes Outreach Network

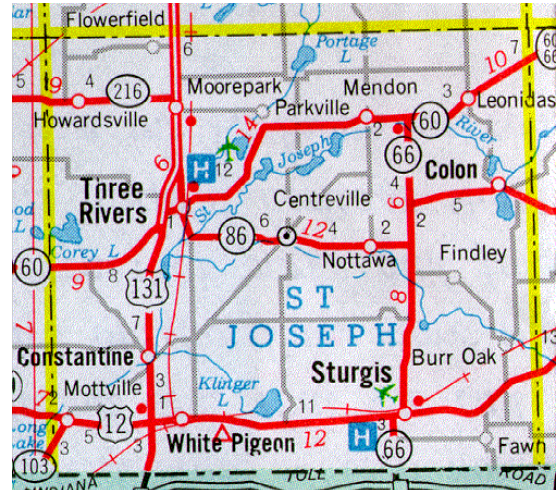
1110 Hill Street  
Three Rivers, MI 49093  
(269) 273-4309  
(800) 795-7800  
(269) 273-7059 (fax)  
[www.diabetesinmichigan.org/HomeSODON.htm](http://www.diabetesinmichigan.org/HomeSODON.htm)

## Three Rivers Health

701 S. Health Parkway  
Three Rivers, MI 49093  
Phone: (269) 278-1145  
[www.threerivershealth.org/](http://www.threerivershealth.org/)

## Sturgis Hospital

916 Myrtle Ave  
Sturgis, MI 49091  
(269) 651-7824  
[www.sturgishospital.com/](http://www.sturgishospital.com/)



## Organization & Association web links

[www.cancer.org](http://www.cancer.org)

American Cancer Society 1 800 227-2345

[www.americanheart.org](http://www.americanheart.org)

American Heart Association 1 800 242-8721

[www.alam.org](http://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](http://www.diabetes.org)

American Diabetes Association 1 800 232-3472

[www.eatright.org](http://www.eatright.org)

American Dietetic Association 1 800 366-1655

[www.cdc.gov](http://www.cdc.gov)

Centers for Disease Control

[www.michiganstepsup.org](http://www.michiganstepsup.org)

Michigan Steps Up

[www.nih.gov](http://www.nih.gov)

National Institutes of Health (of the US Dept of Health and Human Services)

[www.hhs.gov/](http://www.hhs.gov/)

US Dept of Health and Human Services. Has wellness links.

[www.aa.org](http://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 at 1-800-887-5676, or go online at [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".

### Depression Screening

National Interactive Screening Project. Call for an anonymous Depression Screening toll free at 1-800-887-5676, or go online at [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".

### Anxiety Screening

For a free anonymous Anxiety Screening go online

at: [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".

## **Eating Disorders Screening**

For a free anonymous Screening go online

at: [www.mentalhealthscreening.org/screening](http://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](http://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](http://www.michigan.gov/dnr/0,1607,7-153-10365---,00.html)

## **North Country Trail information**

[www.northcountrytrail.org](http://www.northcountrytrail.org)

## **Great Lakes Sports Publications**

[www.glsp.com](http://www.glsp.com)

## **Michigan Run Calendar**

[www.runmichigan.com/eventcalendar/list/](http://www.runmichigan.com/eventcalendar/list/)

## **Michigan bicycle club info**

[www.lmb.org/pages/Resources/biking\\_in\\_MI/clubs.htm](http://www.lmb.org/pages/Resources/biking_in_MI/clubs.htm)

[www.mmba.org/](http://www.mmba.org/)

## **Michigan Walking club and events info**

[www.ava.org](http://www.ava.org)

[www.kvwalkers.org/](http://www.kvwalkers.org/)

## **YMCA Camp Eberhart, Three Rivers**

[www.campeberhart.org/](http://www.campeberhart.org/)

1 (888) 922-6732

Outdoor recreation

**Want to start something in your area? Try these websites.**

**Promoting Active Communities**

[www.mihealthtools.org/communities/Default.asp?tab=Resources](http://www.mihealthtools.org/communities/Default.asp?tab=Resources)

**America On the Move**

[www.americaonthemove.org](http://www.americaonthemove.org)

**America Walks**

[www.americawalks.org](http://www.americawalks.org)