

# Wayne County Resources

**Detroit Medical Center**

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

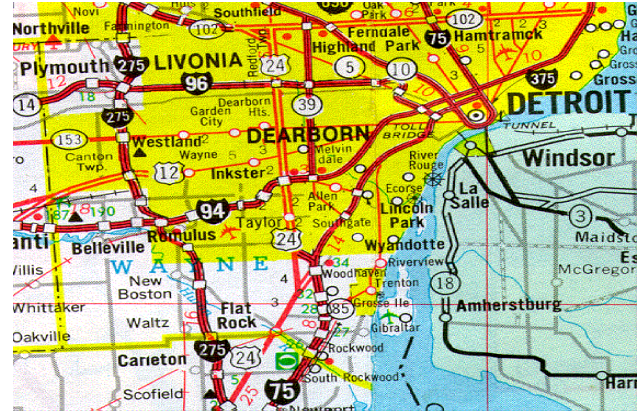
**Henry Ford Health System**

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

**Health Alliance Plan**

Mall Walking Guide

[www.hap.org/gfx/content/mall\\_walking.pdf](http://www.hap.org/gfx/content/mall_walking.pdf)



**Saint John's Hospital**

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

Has a find a physician program online, or via a representative at (866) 501-DOCS, M-F 8:00-5:00. Offers large online health library and classes for healthy living.

**Saint Mary Mercy Hospital, Livonia**

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

(734) 712-3456

**Healthy Lifestyle Education Classes**

(734) 712-3546

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

**Greater Detroit Area Health Council**

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

Addressing issues of health care quality, access and cost in southeastern Michigan.

**Henry Ford Community College**

[www.henryford.cc.mi.us](http://www.henryford.cc.mi.us)

Has a Center for Life Long Learning in Dearborn Heights (877) 855-5252 that offers classes to the public without formal admission. Fitness classes are available.

**Wayne County** [www.waynecounty.com](http://www.waynecounty.com)

Good website with links to county services and services in Wayne County.

**Michigan Diabetic Outreach Network**

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

## 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 a free anonymous Alcohol Screening

toll free 1-800-887-5676, or 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

### **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](http://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](http://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](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)

### **Wayne County Parks information**

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

**Wayne State University**

[www.wayne.edu/](http://www.wayne.edu/)

Recreation and Fitness Center information

[www.rfc.wayne.edu/](http://www.rfc.wayne.edu/)

**YMCA Metropolitan Detroit**

[www.ymcametrotroit.org/programs/health.asp](http://www.ymcametrotroit.org/programs/health.asp)

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](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)