

Kent County Resources

Kent County Health Department

700 Fuller Ave., NE
Grand Rapids, MI 49503-1996
Phone: (616) 336-3030
Fax: (616) 336-3884
www.accesskent.com

MSU Cooperative Extension

Kent [County Extension](#)
836 Fuller Avenue, NE
Grand Rapids, MI 49503-1902
Phone: (616) 336-3265
Fax: (616) 336-3836

Michigan Diabetes Outreach Network

3950 Lake Michigan Drive
Grand Rapids, MI 49544
Phone: (616) 735-1118
(800) 472-3175
Fax: (616) 735-1262
www.diabetesinmichigan.org/HomeTENDON.htm

Spectrum Health Hospitals

100 Michigan Street NE
Grand Rapids, MI 49503
(616) 391-1774
www.spectrum-health.org/
Community Health Education
www.spectrum-health.org/Healthy/CCE.asp

Michigan Athletic Club

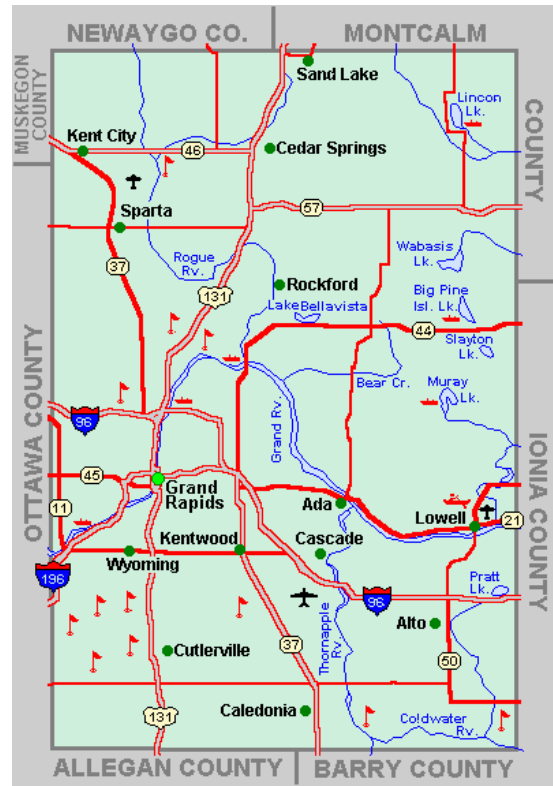
2500 Burton Street S.E.
Grand Rapids, MI 49546
(616) 956-0944
www.michiganathleticclub.com

Healthy Kent 2010

A community initiative to improve the health of Kent County, Michigan.
www.healthykent.org

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 an 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 an 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

Kent county parks information

www.accesskent.com/CultureLeisureAndTransit/Parks/parks_index.htm

Lower Michigan North Country Trail information

www.northcountrytrail.org/explore/ex_milp/milp.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

Cornerstone College

www.cornerstone.edu/resources/

YMCA Grand Rapids

www.grymca.org/content/home.aspx

40 Monroe Center St NW, Ste 201

Grand Rapids, MI 49503

(616) 456-6898

YMCA Downtown Branch

33 Library, NE

Grand Rapids, MI 49503

(616) 222-9622

YMCA Southeast Branch

730 Forest Hill, SE

Grand Rapids, MI 49546

Telephone: (616) 285-9077

YMCA West Branch

902 Leonard, NW

Grand Rapids, MI 49504

(616) 458-1147

Aquatics, nutrition, stress management

[YMCA Grand Rapids Area Branches](#)

YWCA Grand Rapids

www.gr-ywca.org/

25 Sheldon Boulevard SE

Grand Rapids MI 49503

(616) 459-4681

Health and Fitness Programs

(616) 459-7062 ext. 537

Aquatics, group exercise, aerobic dance, swimming, weights

Want to start something in your area?

Try these websites.

www.mihealthtools.org/communities/Default.asp?tab=Resources

www.americaonthemove.org

www.americawalks.org