

**Health Department of Northwest Michigan
Antrim County Community Resources (including some of Charlevoix County)**

Name	Location	Phone	Cost	Total Cost per Month using NHP Voucher (NHP pays 50%)	Notes
Physical Fitness					
Curves Mancelona	Mancelona	(231) 587-1000			Using NHP voucher, 2 month trial membership for \$49.50. After trial, 3 month membership for \$51.00.
East Jordan High School Pool	East Jordan	(231) 536-2250			www.ejts.org for a complete schedule of hours and fees
East Jordan Pool	East Jordan	(231)536-2250		\$7.50	resident
				\$8.58	non-resident
Elk Rapids Fitness	Elk Rapids	(231) 264-5033			\$50 3-month special using NHP voucher
Grass River Walking Trail	Bellaire	533-8314	FREE		Paved trail
In-town Walking Trail	City of Bellaire	533-8314	FREE		Paved trail
Labyrinth Walks	Munson Healthcare	(231) 935-9255	FREE		offered/set-up only every few years, call first to find out when available
Northern Michigan Sports Medicine	Charlevoix	(231) 348-7002		\$19.50	
Top of Michigan Trails Council		(231) 348-8280	FREE		Open to public. "Rails to Trails": 22 mile paved trail from Harbor Springs to Charlevoix

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Weight Reduction					
Munson Healthcare Community Education "Healthy Weight" classes	Traverse City, Munson Healthcare	(231) 935-8533			Eight week lifestyle and weight management program. Supervised exercise at Munson Community Health Center. Calorie controlled plan. Customized and individualized to personal needs.
Nutrition Counseling with Registered Dietician	Munson Healthcare	(800) 809-8127			Physician referrals for medical need--partial insurance reimbursement. Non-referral/private counseling available (\$106.40 first hour; \$53.20 for half hour follow-up counseling)
Registered Dietician: Amanda Evans, RD	Charlevoix Area Hospital	(231) 547-8737	May be covered by insurance plans		By appointment only. http://www.cah.org
Weight Watchers	Local Chapters	(800) 651-6000		\$69.00	Call for more information
Women's Heart Health	Boyne City	(231) 547-8609			Cathy Jacobsen (CAH Community Educator)
Smoking Cessation					
Freedom From Smoking-American Lung Association	www.quitnet.com & www.ffsonline.org	(800) 548-8252	FREE		Counselors available
Michigan Department of Community Health		Free Quit Kits: (800) 537-5666 Tobacco Quit Line: (800) 480-7848	FREE		Telephone counseling for uninsured/underinsured adults. May qualify for free nicotine patches/gum. Counselors available

Diabetes education is now covered by the NHP card NO Voucher is required. It must be a state of MI certified diabetic educator. Prior authorization from NHP is required.

If you're interested in using a NHP voucher, call your NHP Nurse or the NHP Program Specialist at (231) 547-7665

Last Update: 3/25/09