

**Health Department of Northwest Michigan  
Charlevoix County Community Resources**

<b>Name</b>	<b>Location</b>	<b>Phone</b>	<b>Cost</b>	<b>Client Cost per Month using NHP Voucher</b>	<b>Notes</b>
<b>Physical Fitness</b>					
AmericInn Pool	Charlevoix	(231)237-0988			\$13.50 for 10 visit punch card using NHP voucher
Body Shop Gym	Boyne City	(231) 582-8801	\$9/day	\$20.00	
Charlevoix Area Community Pool	Charlevoix	(231) 547-0982	Resident: \$3.50; Non-resident: \$3.75. Mon/Weds/Fri: \$1.00 nights Resident, \$1.50 Non-resident 6-8pm.		Open to public.
				\$46.50	3 month pass-In District Adult
				\$39.00	3 month pass-In District Senior
				\$31.00	20 punch card-Adult
				\$24.50	20 punch card-Senior
				\$32.50	20 punch card-Out of District
Charlevoix High School Walking Track	Charlevoix High School	(231) 547-3222	FREE		Mon-Fri: After-school hours. Walking track in the upper level of gymnasium
Curves Boyne City	Boyne City	(231) 582 0699		\$17.00	\$60 appl fee: NHP pays 50%=\$30
Curves Charlevoix	Charlevoix	(231) 237 0699		\$17.00	\$60 appl fee: NHP pays 50%=\$30
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
Harbor Health & Fitness Center	Charlevoix	(231) 547-8000	Varies for week, month, year	\$23.00	Passes available. Membership includes over 20 exercise classes to choose from with no additional charge.
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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<b>Weight Reduction</b>					
Registered Dietician: Amanda Evans, RD	Charlevoix Area Hospital	(231) 547-8737	May be covered by insurance plans		By appointment only. <a href="http://www.cah.org">http://www.cah.org</a>
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)
<b>Smoking Cessation</b>					
Freedom From Smoking-American Lung Association	<a href="http://www.quitnet.com">www.quitnet.com</a> <a href="http://www.ffsonline.org">www.ffsonline.org</a>	(800) 548-8252	FREE		No time limitations, online support group available. 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
<b>Transportation</b>					
Charlevoix County Transit		(231) 582-6900			

**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**