

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

Name	Location	Phone	Cost	Client Cost per Month using NHP Voucher	Notes
Physical Fitness					
Basement Level Walking Track at Northern Michigan Hospital	Petoskey		FREE		Open to public. Walking track on basement level
Bodhi & Soul Fitness & Health (formerly Cloud Nine)	Alanson	(231) 548-5932		\$12.50	
				\$20.00	Includes additional 45 minutes per month of accpressure and stress reduction
Center City Gym	Petoskey	(231) 487-1205			\$49.50 3-month special using NHP voucher
Curves Petoskey	Petoskey	(231) 487-1950		\$17.00	\$60 appl fee: HDNM pays 50%=\$30
Curves Harbor Springs	Harbor Springs	(231) 526-7455		\$17.00	\$60 appl fee: HDNM pays 50%=\$30
Harbor Springs Community Pool	Harbor Springs	(231) 526-4824	FREE for residents		Open to public. www.harborbs.org
Holiday Inn Express Pool	Petoskey	(231) 487-0991			\$30 for 20 visit punch card using NHP voucher
Holiday Inn Express Pool	Mackinaw City	(231) 436-7100		\$23.00	\$5/person one-time visit
Jazzercise	Harbor Springs	(231) 526-6601	\$65 8wk class pass, \$10/walk-ins, \$25 joiner fee		Kim Rule is Michigan Director @ Vivace School of Music & Art. Corporation phone #: (800) FIT IS IT, krule@jazzercise.com
North Central Michigan College	Petoskey	(231) 439-6370	FREE: Gymnasium-2nd floor walking track.		Open to public. "Mothers with strollers" walking available courtside. Children welcome to use basketball court and balls
			\$2.00 per day		Gymnasium. Open to public. Basketball/volleyball/tennis. Call ahead for volleyball/tennis to allow time for set up.
				\$17.50	Weight room. Must be enrolled as students. Cost based on per credit hour charge.
Northern Michigan Sports Medicine	Petoskey, Harbor Springs	(231) 348-7002		\$19.50	
Northern Michigan Hospital Foundation	Petoskey	(800) 248-6777	FREE		"Let's Get Moving Northern Michigan" program and "Target Your Heart" program. Contact Judy Fowler for more information: (231) 487-4517
Pellston Pool (Holiday Inn)	Pellston	(231) 539-7000			#37.50 for 3-month pool pass using NHP voucher
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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YMCA-Youth Programs	Petoskey	(231) 348-8393	After school daily drop-in fee for non-members \$3, for members \$1.50		www.ymcanm.org, annual family (\$100) and individual (\$60) memberships available

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Weight Reduction					
Registered Dietician- Janet Havens (NMRH)	Petoskey	(231) 487-4894			
Northern Michigan Regional Hospital--Community Health Education Center	Petoskey	(231) 487-4000			Various programs for diabetes management, weight loss programs, and smoking cessation. Contact for FREE health screenings.
Weight Watchers	Local Chapters	(800) 651-6000		\$69.00	Call for more information
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
Transportation					
Friendship Center Transit		(231) 348-3425			
Straits Regional Ride		(866) 731-1204			

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