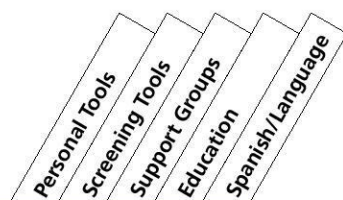


# health and wellness resources

We want to help you connect to sites that provide resources and health information to support your health and wellness goals.

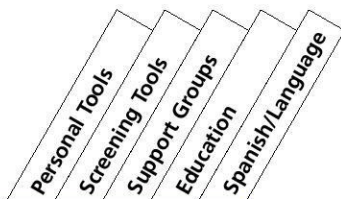
Visit the sites listed below to:

- Find information, tools and resources to support healthy lifestyle decisions, and
- Locate information to help you make healthy changes in your lifestyle.



		Personal Tools	Screening Tools	Support Groups	Education	Spanish/Language
<b>Alcohol</b>						
National Institute on Alcohol Abuse and Alcoholism	<a href="http://www.niaaa.nih.gov">www.niaaa.nih.gov</a>				•	•
National Center on Addiction and Substance Abuse	<a href="http://www.casacolumbia.org">www.casacolumbia.org</a>					
Alcoholics Anonymous	<a href="http://www.alcoholics-anonymous.org">www.alcoholics-anonymous.org</a>	•	•	•	•	•
National Clearinghouse for Alcohol & Drug Information	<a href="http://www.ncadi.samhsa.gov">www.ncadi.samhsa.gov</a>	•		•		•
American Institute for Preventive Medicine	<a href="http://www.healthylife.com">www.healthylife.com</a>	•			•	•
National Council on Alcoholism and Drug Dependence	<a href="http://www.ncadd.org">www.ncadd.org</a>				•	
Screening for Mental Health, Inc.	<a href="http://www.mentalhealthscreening.org">www.mentalhealthscreening.org</a>				•	
National Commission Against Drunk Driving	<a href="http://www.ncadd.com">www.ncadd.com</a>		•		•	
<b>Blood Pressure</b>						
American Heart Association	<a href="http://www.americanheart.org">www.americanheart.org</a>	•	•	•	•	•
American Stroke Association	<a href="http://www.strokeassociation.org">www.strokeassociation.org</a>	•	•	•	•	•
Centers for Disease Control and Prevention	<a href="http://www.cdc.gov">www.cdc.gov</a>	•			•	•
National Women's Health Center	<a href="http://www.4woman.gov">www.4woman.gov</a>	•	•		•	•
American Institute for Preventive Medicine	<a href="http://www.healthylife.com">www.healthylife.com</a>	•			•	•
National Stroke Association	<a href="http://www.stroke.org">www.stroke.org</a>				•	•
National Men's Health Network	<a href="http://www.menshealthweek.org">www.menshealthweek.org</a>				•	•
<b>Cardiovascular Disease</b>						
American Heart Association Go Red for Women	<a href="http://www.americanheart.org">www.americanheart.org</a>	•	•	•	•	•
National Women's Health Center	<a href="http://www.4woman.gov">www.4woman.gov</a>	•	•		•	•
National Institutes of Health	<a href="http://www.nih.gov">www.nih.gov</a>	•			•	•
Centers for Disease Control and Prevention	<a href="http://www.cdc.gov">www.cdc.gov</a>	•			•	•
Your Disease Risk	<a href="http://www.yourdiseaserisk.harvard.edu">www.yourdiseaserisk.harvard.edu</a>	•	•		•	•
<b>Cholesterol</b>						
National Heart, Lung & Blood Institute	<a href="http://www.nhlbi.nih.gov">www.nhlbi.nih.gov</a>	•	•	•	•	•
U.S. Department of Health & Human Services	<a href="http://www.hhs.gov">www.hhs.gov</a>	•	•	•	•	•
American Heart Association	<a href="http://www.americanheart.org">www.americanheart.org</a>	•	•	•	•	•
Food and Drug Administration	<a href="http://www.fda.gov">www.fda.gov</a>	•	•	•	•	•
National Women's Health Center	<a href="http://www.4woman.gov">www.4woman.gov</a>	•	•		•	•
American Institute for Preventive Medicine	<a href="http://www.healthylife.com">www.healthylife.com</a>	•			•	•
<b>Depression</b>						
National Mental Health Association	<a href="http://www.nmha.org">www.nmha.org</a>	•	•	•	•	•
American Psychological Association	<a href="http://www.apahelpcenter.org">www.apahelpcenter.org</a>	•			•	•
Depression and Bipolar Support Alliance	<a href="http://www.dbsalliance.org">www.dbsalliance.org</a>	•	•	•	•	
National Alliance on Mental Illness	<a href="http://www.nami.org">www.nami.org</a>	•		•	•	•
National Women's Health Center	<a href="http://www.4woman.gov">www.4woman.gov</a>	•	•		•	•
Screening for Mental Health, Inc.	<a href="http://www.mentalhealthscreening.org">www.mentalhealthscreening.org</a>				•	
<b>Exercise</b>						
American College of Sports Medicine	<a href="http://www.acsm.org">www.acsm.org</a>	•			•	•
American Council on Exercise	<a href="http://www.acefitness.org">www.acefitness.org</a>	•			•	
American Heart Association	<a href="http://www.americanheart.org">www.americanheart.org</a>	•	•	•	•	•
National Women's Health Center	<a href="http://www.4woman.gov">www.4woman.gov</a>	•	•		•	•

# health and wellness resources, *continued*



		Personal Tools	Screening Tools	Support Groups	Education	Spanish/Language
<b>Exercise, <i>continued</i></b>						
American Institute for Preventive Medicine	<a href="http://www.healthylife.com">www.healthylife.com</a>	●			●	●
Women's Sports Foundation	<a href="http://www.womenssportfoundation.org">www.womenssportfoundation.org</a>				●	
President's Council on Physical Fitness and Sports	<a href="http://www.fitness.gov">www.fitness.gov</a>	●			●	
Healthy Aging Campaign	<a href="http://www.healthyaging.net">www.healthyaging.net</a>				●	
WalkingWorks	<a href="https://secure.bcbs.com/walkingworks">https://secure.bcbs.com/walkingworks</a>	●				
America on the Move	<a href="http://www.americaonthemove.org">www.americaonthemove.org</a>	●		●	●	●
Pedestrian and Bicycle Walking Information Center	<a href="http://www.bicyclinginfo.org/ee/led_adults.htm">www.bicyclinginfo.org/ee/led_adults.htm</a>				●	
Small Step	<a href="http://www.smallstep.gov">www.smallstep.gov</a>	●			●	●
National Center on Physical Activity and Disability	<a href="http://www.ncpad.org">www.ncpad.org</a>	●			●	
International Council on Active Aging	<a href="http://www.icaa.cc/welcomeback.htm">www.icaa.cc/welcomeback.htm</a>	●			●	
<b>Glucose</b>						
American Diabetes Association	<a href="http://www.diabetes.org">www.diabetes.org</a>	●	●	●	●	●
Joslin Diabetes Center	<a href="http://www.joslin.org">www.joslin.org</a>	●		●	●	●
American Dietetic Association	<a href="http://www.eatright.org">www.eatright.org</a>	●			●	●
National Institute of Diabetes & Digestive & Kidney Diseases	<a href="http://www.niddk.nih.gov">www.niddk.nih.gov</a>	●		●	●	●
Office of Minority Health Resource Center	<a href="http://www.omhrc.gov">www.omhrc.gov</a>				●	
Your Disease Risk	<a href="http://www.yourdiseaserisk.harvard.edu">www.yourdiseaserisk.harvard.edu</a>	●	●		●	●
<b>Nutrition</b>						
American Dietetic Association	<a href="http://www.eatright.org">www.eatright.org</a>	●			●	●
Food and Drug Administration	<a href="http://www.fda.gov">www.fda.gov</a>	●			●	●
U.S. Department of Agriculture	<a href="http://www.usda.gov">www.usda.gov</a>	●		●	●	●
Food Pyramid	<a href="http://www.mypyramid.gov">www.mypyramid.gov</a>	●	●			●
Delicious Decisions	<a href="http://www.deliciousdecisions.org">www.deliciousdecisions.org</a>	●			●	
Calorieking	<a href="http://www.calorieking.com">www.calorieking.com</a>	●		●	●	
Produce for Better Health Foundation (5 A Day)	<a href="http://www.5aday.com">www.5aday.com</a>	●			●	●
Small Step	<a href="http://www.smallstep.gov">www.smallstep.gov</a>	●			●	●
National Center on Physical Activity and Disability	<a href="http://www.ncpad.org">www.ncpad.org</a>	●			●	
<b>Stress</b>						
National Institute for Occupational Safety & Health	<a href="http://www.cdc.gov/niosh">www.cdc.gov/niosh</a>	●			●	
American Heart Association	<a href="http://www.americanheart.org">www.americanheart.org</a>	●	●	●	●	●
American Psychological Association	<a href="http://www.apa.org">www.apa.org</a>	●			●	
National Women's Health Center	<a href="http://www.4woman.gov">www.4woman.gov</a>	●	●		●	●
<b>Anxiety</b>						
Anxiety Disorders Association of America	<a href="http://www.adaa.org">www.adaa.org</a>	●	●	●	●	
National Institute of Mental Health	<a href="http://www.nimh.nih.gov">www.nimh.nih.gov</a>	●			●	●
National Women's Health Center	<a href="http://www.4woman.gov">www.4woman.gov</a>	●	●		●	●
<b>Tobacco Use</b>						
American Cancer Society	<a href="http://www.cancer.org">www.cancer.org</a>	●	●	●	●	●
American Lung Association	<a href="http://www.lungusa.org">www.lungusa.org</a>	●			●	●
National Cancer Institute	<a href="http://www.cancer.gov">www.cancer.gov</a>	●			●	●
American Institute for Preventive Medicine	<a href="http://www.healthylife.com">www.healthylife.com</a>	●			●	●
<b>Weight</b>						
Mayo Clinic	<a href="http://www.mayoclinic.com">www.mayoclinic.com</a>	●				●
American Dietetic Association	<a href="http://www.eatright.org">www.eatright.org</a>	●			●	●
American Heart Association	<a href="http://www.americanheart.org">www.americanheart.org</a>	●	●	●	●	●
Healthy Weight Association	<a href="http://www.healthyweightnetwork.com">www.healthyweightnetwork.com</a>				●	
Centers for Disease Control and Prevention	<a href="http://www.cdc.gov">www.cdc.gov</a>	●			●	●
American Institute for Cancer Research	<a href="http://www.aicr.org">www.aicr.org</a>	●			●	
American Institute for Preventive Medicine	<a href="http://www.healthylife.com">www.healthylife.com</a>	●			●	●
National Eating Disorders Awareness	<a href="http://www.nationaleatingdisorders.org">www.nationaleatingdisorders.org</a>				●	
President's Council on Physical Fitness and Sports	<a href="http://www.fitness.gov">www.fitness.gov</a>	●			●	
Produce for Better Health Foundation (5 A Day)	<a href="http://www.5aday.com">www.5aday.com</a>	●			●	●