

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

Name	Location	Phone	Cost	Total Cost per Month using NHP Voucher (NHP pays 50%)	Notes
Physical Fitness					
Paved walking trail surrounding along Fairview Rd. and surrounding soccer fields.					
"Rails to Trails" walking/biking pathway. Very nice surface created in July 2007. Gaylord to Indian River. Along the railroad tracks; begins on Fairview Rd behind UBC Building Center.					
Aspen Park	City of Gaylord	(989)732-4060	FREE		Tennis courts, paved and lit walkways. Cross-country skiing on lit path in winter
Curves Gaylord	Gaylord	(989) 731-5310		\$17.00	No Service Fee
Curves Grayling	Grayling	(989) 348-1055		\$17.00	Check monthly specials.
Force Fitness Co. LLC (Powerhouse Gym)	Gaylord	(989) 732-0744		\$15.00	Weights, Aerobics, classes available
Gaylord High School	Gaylord	(989)731-0969	FREE		Open to public. Walking in halls
Lone Pines DNR Trails	Gaylord	(989)732-3541	FREE		Cross-country ski trails in winter. Nature trails in summer
Nautilus Fitness System Health and Racquet Club	Gaylord	(989) 732-5820		\$15.00	Matching Powerhouse prices. Call for racquet ball prices/courts.
Otsego County Community Center (Parks & Recreation)	Gaylord	(989) 732-6521	FREE for open gym. Call for class prices		Step aerobics, Pilates, Open gym
Otsego County Parks & Recreation	Gaylord	(989) 732-6521			\$25.00 for 3xs a week for 6 weeks using NHP voucher
					\$20.00 for 2xs a week for 6 weeks using NHP voucher
Otsego County Sportsplex	Gaylord	(989) 731-3546	FREE for walking. Pool prices vary. Punch cards available for use of any facility in the Sportsplex.		Open to public. Walking track located around ice arena. Pool: open swim times vary. www.ocsportsplex.com
			Drop-in \$5, 24-visit punch card \$70 Resident, \$80 Non-resident, 12-visit punch card \$40 Resident, \$45 Non-resident, rates subject to change		Aqua-Fit Class
The Rock- Personal Trainer	Gaylord	(989) 390-6727		\$15.00	\$199 total per year

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Weight Reduction					
Registered Dietician--Otsego Memorial Hospital -Eileen Mikus	Gaylord	(989) 731-2100	Fee applies, Call for different programs		Available by appointment. Smart weight classes & other Calendar of events items http://www.goodhealthstartshere.com , click on news & events by date
Take Off Pounds Sensibly (TOPS)	Gaylord	(989) 732-1158			\$9.00 for 3-month membership using NHP voucher
				\$13.00	Yearly membership
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
Freedom From Smoking Program at Otsego Memorial Hospital	Otsego Memorial Hospital	(989) 731-2193			
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					
Otsego County Bus System		(989) 732-6244			

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