



HEALTHY HABITS
FOR YOUTH

Resource Guide

LIVINGSTON COUNTY

3RD EDITION

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Nutrition Education

Fit By Choice

Fit By Choice is a nonprofit organization developed to empower families to live healthy. A team of educators, including a physician, registered dietician, exercise specialist, and chef work together to provide comprehensive, interactive, and fun programs, classes, and services that will give families the knowledge and motivation they need to make the change they desire. Open to all Livingston County residents, including adults and seniors. Fees vary by program, class, or service; scholarships are available. Please refer to www.FitByChoice.org for more details.

IHA Nutritionists

IHA nutrition specialists offer nutrition counseling services at many IHA practice locations. Their expertise can provide you with the necessary knowledge to achieve all of your individual and family dietary needs. IHA Nutrition Services offers one-on-one nutrition counseling, easy to follow, customized eating plans, weight management programs, prevention/management of chronic disease through dietary and lifestyle changes, guidance in managing nutrition science to form healthy habits that will help you look and feel better, assistance with all of the misinformation about food and nutrition, and a healing approach to being diagnosed with medical conditions and their associated symptoms. For more information please visit: <http://www.ihacares.com/additional-healthcare-services/nutrition-services>

Michigan Model for Health™

The Michigan Model for Health™ is a comprehensive and sequential K-12 health education curriculum that aims to give school-aged children (ages 5-19 years) the knowledge and skills needed to practice and maintain healthy behaviors and lifestyles.. It provides age-appropriate lessons addressing the most serious health challenges facing school-aged children, including social and emotional health; nutrition and physical activity; alcohol, tobacco, and other drugs; personal health and wellness; safety; and HIV. This Michigan Model for Health™ facilitates learning through a variety of interactive teaching and learning techniques.

It is designed for implementation as a component of the core school curriculum, with each of the lessons lasting 20-45 minutes in length. The lessons may be integrated in various disciplines such as language arts, science, social studies, etc. Furthermore, some lessons include activities to facilitate parental and family involvement beyond the classroom. The curriculum can be implemented in public, private, or alternative schools.

With support from the State of Michigan Healthy Michigan Initiatives Fund, LESAWISD has been able to offer training and curriculum for schools implementing the Michigan Model for Health®. Ongoing support and technical assistance is available from the Regional School Health Coordinator/Health Education Consultant, Mary Beno, at (517) 540-6838 or marybeno@livingstonesa.org.

MSU Extension: Nutrition and Physical Activity

To help youth be healthy Michigan State University Extension delivers relevant evidence based education to serve the needs of youth in the community. Programs for youth in grades prekindergarten to twelfth grade with age-appropriate, literacy-based education in areas of nutrition, food safety, physical activity, body image and media influence on health choices.

For more information contact Shelley Frazier at (517) 546-3950

My Nutratak

Online health and wellness website for students and their families to track certain areas of their health such as water intake, food they are eating, physical activity, and sleep. Available through certain school districts. Call (810) 494-0100 or visit www.mynutratak.com for more information.

PE-Nut

(Physical Education and Nutrition Education Working Together)

PE-Nut is a nutrition and physical education program that uses a whole-school approach to motivate students, parents and educators to be physically active and eat healthier. PE-Nut is designed to improve health behaviors in a school environment by presenting simple, consistent nutrition and physical activity messages via multiple approaches. These approaches include classroom instruction, parent engagement activities, school-wide nutrition and physical activity messages, take-home activities, and physical education with nutrition concepts. Academic achievement improves when students receive a healthful diet and when they can be physically active throughout the school day. In PE-Nut, physical educators, classroom teachers and school administrators work together to improve nutrition and physical activity in K–5 school settings. It fits nicely with the Coordinated School Health (CSH) approach in schools. Note: schools must be over 50% free or reduced lunch to receive this program. For more information, contact Mary Beno, Regional School Health Coordinator/Health Education Consultant for LESA, at (517) 540-6838 or marybeno@livingstonesesa.org.

Shapedown®

Saint Joseph Mercy Health System offers Shapedown®, a national weight management program for families. Parents and children work together as a team with a social worker, registered dietitian, and exercise specialist to learn how healthy eating, an active lifestyle, and effective communication promote weight loss and family unity. The program starts with ten weekly two-hour classes. May be covered in part by certain insurances. Scholarships are available. Visit www.stjoesann Arbor.org/shapedown for more information.

UMHS Nutrition Counseling Centers

Our Nutrition Counseling Centers are designed for non-hospitalized patients and are staffed by registered dietitians who have expertise in adult, pediatric, prenatal and geriatric nutrition. We address a variety of nutrition-related conditions, including diabetes, blood lipids (cholesterol and triglycerides), hypertension, kidney disease before dialysis, polycystic ovarian syndrome, hypoglycemia, gluten intolerance (celiac disease), irritable bowel syndrome, gastroesophageal reflux disease and obesity. We offer medical nutrition therapy by appointment only, with same-day openings available occasionally. Self-referrals are welcome. For an appointment call: (810) 227-9510 (Brighton Health Center) or (517) 548-1020 (Howell Pediatrics/ Howell Health Center).

Food Assistance

Emergency Food Assistance Program (TEFAP) and Shared Harvest Pantry

OLHSA, in partnership with Gleaners Community Food Bank provides food assistance and information about other services available through OLHSA and Gleaners, to Livingston County residents in need. Call (517) 546-8500 for more information.

Summer Lunch Bunch

Summer Lunch Bunch is a Community Meals Program offering free nutritious food and summer fun to families with school-aged children. Activity sites are offered all over Livingston County, lunch is always served along with fun programming to promote literacy, nutrition education, arts, and physical activity. It's a great way to beat summer boredom, and is free of charge to participants. Take-home groceries and fresh fruits and vegetables are available at select locations for families who could use them. To find the location nearest you and learn which days to meet up, please contact Liz Welch at (517) 295-4347 or liz_welch@usc.salvationarmy.org. Summer Lunch Bunch is supported by Livingston Hunger Council and USDA funds. USDA is an equal opportunity employer and provider.

WIC Program

WIC is a health and nutrition program that has demonstrated a positive effect on pregnancy outcomes, child growth, and development. WIC provides supplemental food, nutritional counseling, and support, as well as connections with beneficial community resources. Call (517) 546-5459 for more information or visit www.lchd.org

Mental Health / Substance Abuse Prevention

Burnes & Burnes Psychotherapy and Counseling Services

Providing mental health and substance abuse services to children, adolescents, adults, individuals, couples, and families. No participation fee (cost would be covered by participant's insurance policy). Located at 794 W. Grand River Avenue, Brighton. Call (248) 231-3568 for more information.

Livingston County Community Mental Health Authority

Services and programs for Children, Youth and Families include:

- Parent Support Partner
- Child and Family Case Management
- Parent Infant Program
- Respite
- Child and Family Therapy
- Home Based Services
- Psychiatric Services
- Wraparound

These address a child's ability to control his or her emotions or behaviors or to use information. Examples of problems include depression, bi-polar disorders, post-traumatic stress disorder, anxiety disorders, attention deficit disorders, and conduct disorders. Services support the parent/caregiver with skill building, learning new strategies, and helping build on strengths within the family.

Services for Individuals (including children and youth) with Developmental Disabilities include: Parent Navigator, Case Management, Community Supported Living, Respite, Access to Clinical Services, Personal Emergency Response System. Some examples of developmental disabilities include autism, cognitive impairment and Down Syndrome.

LCCMHA also provides services for adults with mental illness, on-site pharmacy, substance use services, and emergency services. If you are interested in or want to know whether you qualify for services, please call (517) 546-4126 and ask for the Intake and Access Department or visit www.cmhliv.org. Access and 24-hour crisis number: (517) 546-4126 or (toll free) 1-800-615-1245.

Livingston County Catholic Charities

Livingston County Catholic Charities provides mental health and substance abuse treatment for children, youth, adults, and families. The agency is accredited by the Council on Accreditation and is licensed by the State of Michigan. Many insurances are accepted and a sliding-fee-scale is available for the uninsured. Additional information is available at www.livingstoncatholiccharities.org or at (517) 545-5944.

Livingston County Community Alliance (LCCA)

The Livingston County Community Alliance (LCCA) is a county-wide, anti-drug coalition that raises awareness of substance abuse and misuse in Livingston County. The LCCA releases mini-grants, up to \$500, throughout the year to fund adolescent planned and implemented drug awareness projects or activities in Livingston County. Other volunteer opportunities are available, regardless of age. They range from distributing water at the coalition's annual Run Against Drugs fundraiser, to becoming a major advocate in the fight against drugs. For more information call (517) 545-5944, extension 130 or visit www.livingstoncountycommunityalliance.org

Livingston Family Center

Livingston Family Center (4736 East M-36 in Pinckney) (810) 231-9591

Outpatient counseling services to children, adolescents and families. We accept most major insurances and have a sliding fee scale based on household income.

The Connection Youth Services (616 W. Grand River Ave in Howell) 24/7 Line: 1-866-440-SAFE

Crisis intervention, emergency shelter (11-17 years), transitional living program (16-22 years), individual and group counseling, life skills courses, basic need assistance, case management, and drop-in center. All of the Connection Services are free.

The Family Connection Center (121 S. Barnard St. in Howell) (517) 376-6459

Supervised visitation for families affected by domestic violence. Children and adolescents up to 17 years old. Services are free for families with a history of domestic violence.

Key Development Center, Inc.

Key Development Center, Inc. is a 501(c)3 nonprofit, CARF accredited, licensed substance abuse prevention and treatment provider with over 16 years' experience in the Livingston County area. KDC offers a wide range of substance abuse services, including prevention, education, outpatient treatment, screening, assessment, referral and follow-up, and dual enhanced treatment. Please visit our website www.keycenters.org for more information.

The Pinckney Coalition

The Pinckney Coalition is a community-based initiative focusing on healthy choices to reduce youth substance use. The Pinckney Coalition has a youth component - It Stops With Students which is a group of concerned middle and high school students who are meeting to promote non-using attitudes and behaviors within our community. The student group meets weekly at lunchtime during the school year and The Pinckney Coalition meets bimonthly. Please check www.ThePinckneyCoalition.com for more information.

Project SUCCESS

Project SUCCESS, a SAMHSA model program, is a program that prevents and reduces adolescent substance use and abuse. It works by placing highly trained professionals in the schools to provide a full range of substance abuse prevention and early intervention services. In our community, a Project SUCCESS Counselor is placed for one day in each of our local public high schools and middle schools. They primarily work with adolescents individually and in small groups, conduct large group prevention/education discussions and programs, train and consult on prevention issues with school staff, coordinate the substance abuse services and policies of the school, and refer and follow up with students and families needing substance abuse treatment or mental health services in the community. Dates and times vary by location, but you may contact Karen Bergbower at karen@kbamichigan.com or (810) 225-9550 for specific information.

Shelter & Youth Counseling

LACASA has been helping vulnerable children and adults as they heal from difficult emotional wounds caused by neglect, abuse, and violence. Individual and group counseling available at no cost. Call (517) 548-1350 or visit www.lacasacenter.org for more information.

The Livingston Family Center's Connection Youth Services Program provides emergency shelter and transitional living opportunities to homeless youth ages 11-21.

The Connection Youth Services operates 24 hours a day, 7 days a week, 365 days a year. Services include crisis intervention, basic needs, individual, group, and family therapy, case management, life skills training, and street outreach and education. Contact Information: 24/7 Line 1-866-440-SAFE Services are Free

UMHS Integrated Mental Health Clinics in Primary Care

Provides brief mental health and substance abuse counseling and referrals for children and adolescents (and their parents), adults, and families. Specializing in anxiety, depression, grief, divorce, trauma, relationship concerns, postpartum support, caregiver support, and coordinating care across clinics/departments of the Health System. Self-referrals are welcome.

Brighton Health Center, mental health and substance abuse counseling to children, adolescents, and adults. Specialties including perinatal mood and anxiety disorders, depression, anxiety, counseling to families affected by substance abuse, grief and loss, chronic pain. Call for more information, ask for social work (810) 227-9510.

Howell Pediatrics/ Howell Health Center, mental health and substance abuse counseling to children, adolescents and families. Specialties including perinatal mood and anxiety disorders, play therapy, stress reduction, depression, anxiety, grief and loss, counseling to families affected by substance abuse. Social worker and child psychologist available. Social worker is also fluent in American Sign Language and is able to see/consult for people who are Deaf or have a hearing loss. Call for more information (517) 548-1020.

Youth Sports

Livingston County offers a wide range of high quality sports and recreation opportunities. The programs and leagues vary in length of time, level of skill, and price. In an effort to organize the listings in a clear way, we have listed the providers from community based through private companies. This is not to imply knowledge of skill level, cost, and/or quality.

Archery

Livingston Conservation and Sports Association - 810-227-2917 or www.lcsa.info

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Sky Archery—810-225-9085

Van's Archery Center—734-449-4306

Baseball

Fowlerville Community Recreation— 517-223-6481 or www.fowlervilleschools.org

Hartland Area Youth Athletic Association—www.hayaasports.com/

Howell Area Junior Baseball Association—www.howellbaseball.org

Michigan Sports Academy—517-552-9000 or www.msa-livingston.com

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

SWAT Elite Sports—517-540-0601 or www.swatsports.com

The Legacy Center—www.legacycentermichigan.com

Basketball

Fowlerville Community Recreation— 517-223-6481 or www.fowlervilleschools.org

Hartland Area Youth Athletic Association—www.hayaasports.com/

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Tri-County AAU Basketball—810-429-1274 or www.tricountytigersaau.com

Biking

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Cheerleading / Pom

Brighton Bulldogs—www.bulldogsfootballandcheer.com

Byron Youth Football and Cheerleading—www.byronyouthfootball.com

Champion Cheerleading—810-632-9717 or www.championcheerleading.com

Fowlerville Community Recreation— 517-223-6481 or www.fowlervilleschools.org

Hartland Area Youth Athletic Association—www.hayaasports.com/

Hartland Sports Center—810-632-7222 or www.hartlandsportscenter.com

Howell Area Junior Football and Cheer—517-518-2836 or www.hajfl.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Dance

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Fountain Dance Ministry—810-229-7690 or www.fountainballetacademy.com

Ginny's Danceworks—810-229-2743 or www.ginnysdanceworks.com

Glenns School of Dance—517-546-9787 or www.glennsschoolofdance.com

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Park and Recreation—517-546-0693 or www.howellrecreation.org

Karen's Dance Academy—517-546-3450 or karensdanceacademy.org

Maria's School of Dance—517-223-0036 or www.mariasschoolofdance.com

Michelle's Academy of Dance—810-229-5678 or www.madpacdance.com

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Flag Football

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Football

Brighton Bulldogs—www.bulldogsfootballandcheer.com

Byron Youth Football and Cheerleading—www.byronyouthfootball.com

Fowlerville Community Recreation— 517-223-6481 or www.fowlervilleschools.org

Hartland Area Youth Athletic Association—www.hayaasports.com/

Howell Area Junior Football and Cheer—517-518-2836 or www.hajfl.com

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

The Legacy Center—www.legacycentermichigan.com

Gymnastics

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Hartland Gymnastics Academy—810-626-2170 or www.hartlandgymnasticsacademy.com

Hartland Sports Center—810-632-7222 or www.hartlandsportscenter.com

High Flyers Educational Gymnastics—810-229-7740 or www.highflyersgym.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Infinity Gymnastics Academy—810-229-4966 or www.infinitygymnastics.com

Livingston County Gymnastics—517-672-6062 or www.livingstongymnastics.com

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Hockey

Kensington Valley Hockey Association—810-229-6087 or www.kvhockey.org

Livingston County Hockey—517-548-4355 or www.livingstonhockey.com

Horseback Riding

Brighton Riding Stable—810-534-5063 or www.brightonreridingstable.com

Mac Meadows—517-404-3823 or www.macsmeadows.com

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Jump Rope

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Jumpin' All-Stars—www.jumpinallstars.org

Karate

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Neff Martial Arts—517-672-1444 or www.neffmartialarts.com

Ohana Karate—517-545-5557 or www.ohanakarate.com

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

PKSA Karate Brighton—810-227-0064 or www.pksa.com

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Lacrosse

Hartland Area Youth Athletic Association—www.hayaasports.com/

Howell Junior Lacrosse—517-881-9094 or www.howelljrlacrosse.com

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

The Legacy Center—www.legacycentermichigan.com

Roller Hockey

Rollerama Skating Center—810-227-2010 or metroskating.com

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Skiing

Mt Brighton Ski Area—810-229-9581 or www.mtbrighton.com

Soccer

Fowlerville Community Recreation— 517-223-6481 or www.fowlervilleschools.org
Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com
Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org
Kicks and Sticks—517-545-7778
Livingston County Family YMCA—248-685-3020
Michigan Alliance—734-260-1907 or www.michiganalliancefc.org
Pinckney Community Education—810-225-3950 or www.pinckneyonline.org
Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com
The Legacy Center—www.legacycentermichigan.com
Soccer Shots—517-376-1068 or soccershots.org

Softball

Fowlerville Community Recreation— 517-223-6481 or www.fowlervilleschools.org
Hartland Area Youth Athletic Association—www.hayaasports.com/
Howell Area Junior Baseball Association—www.howellbaseball.org
Michigan Sports Academy—517-552-9000 or www.msa-livingston.com
Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com
SWAT Elite Sports—517-540-0601 or www.swatsports.com
The Legacy Center—www.legacycentermichigan.com

Special Olympics

Area 27 serves 200 athletes in Livingston County. For more information visit <http://www.somi.org/area27/> or email area27@somi.org

Swim

Best Livingston Area Swim team—www.howellswimming.org
Brighton Community Education—810-299-4130 or www.brightoncommunityed.com
Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com
Howell Area Aquatic Center—517-540-8355 or www.howellrecreation.org/aquatic-center/

Tennis

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Track

Fowlerville Community Recreation— 517-223-6481 or www.fowlervilleschools.org

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Volleyball

Fowlerville Community Recreation— 517-223-6481 or www.fowlervilleschools.org

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Top Gun Volleyball Club—517-548-0024 or www.topgunvbc.com

Wrestling

Brighton Wrestling Club—810-231-4942 or www.brightonwrestlingclub.org

Fowlerville Community Recreation— 517-223-6481 or www.fowlervilleschools.org

Hartland Wrestling Club—www.eteamz.com/hartlandwrestlingclub

Pinckney Wrestling Club—www.pinckneywrestling.com

Pinckney Youth Wrestling—www.pinckneyyouthwrestling.com

Youth Activities

Art

Acorn Arts—517-545-3031 or www.acornarts.org

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Paint and Pour—313-338-8411 or www.thepaintandpour.com

The Ceramic Studio Etc.—517-548-5386 or www.theceramicstudioetc.com

Howell Area Chamber of Commerce

Balloonfest Children's Activities

Children's activities at the Michigan Challenge Balloonfest include two activity areas:

Downtown Howell activities on the Old Courthouse Lawn include S.T.E.A.M., youth development, and healthy life style activities. Downtown Howell on Saturday of Balloonfest weekend from 10 a.m. to 4 p.m.

The main site (Howell High School) includes a footrace activity called the "Balloonfest 500" where youth first build a cardboard box race car, then wear that car as they run around an oval, grass track where everyone wins. Saturday and Sunday of Balloonfest weekend from 11 a.m. to 6 p.m.

Bowling

Bowl E Drome—517-546-0820 or www.bowledrome.com

Brighton Bowl—810-227-3341 or www.brightonbowl.com

Striking Lanes Bowling—810-632-6920 or www.strikinglanesbowling.com

Cooking

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Engineering/Science

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Fit By Choice

Fit By Choice is a nonprofit organization developed to empower families to live healthy. A team of educators, including a physician, registered dietician, exercise specialist, and chef work together to provide comprehensive, interactive, and fun programs, classes, and services that will give families the knowledge and motivation they need to make the change they desire. Open to all Livingston County residents, including adults and seniors. Fees vary by program, class, or service; scholarships are available. Please refer to www.FitByChoice.org for more details.

Fitness

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Fit Zone—517-552-1530 or fitzonehowell.com

Hamburg Fitness Center and Camp—810-231-4169 or www.hamburgfitness.net

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

My Stronger Self Fitness and Dance—810-844-1650 or www.mystrongerself.com

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

PFP Crossfit of Howell— 989-928-4092 or www.paleoforpower.com/crossfit.html

Pure Heat Yoga and Fitness—517-552-1520 or www.pureheatyoga.com

TITLE Boxing Club of Brighton—810-626-5673 or brighton-grandriver.titleboxingclub.com/

Top Dog Fitness—248-730-5865 or www.topdog-training.org

Total Fitness Center—517-552-4983 or www.totalfitnessmi.com

TruFit Fitness Studio—517-546-7100 or www.trufitfitnessstudio.com

Gaming

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

MSU Extension: 4 H

The 4-H program aims to educate youth ages 5-19 in arts and sciences and to encourage fellowship and service opportunities. 4-H continues to develop new projects for its members to study agriculture and animal husbandry, photography, conservation, cooking, public speaking, clothing and textiles, service learning, shooting sports, history, art, robotics, junior master gardener, and other pursuits. To find out more information contact Sarah McKinney or Loria Sabin at (517) 546-3950.

MSU Extension: Early Childhood

Michigan State University Extension's Early Childhood Education offers research-based programs, series of educational classes and information for parents, caregivers and child care providers on a variety of early childhood development topics including:

- Literacy development
- Science and math
- Positive discipline
- Dealing with anger
- Social and emotional health
- School readiness
- Nurturing parenting

For more information contact Carrie Shrier at (517) 546-3950.

Music! Movement! Make-&-Take!

Join us for a lively time of stories about music, time for moving to the music, and making your own musical instruments to take home! For ages three to 5. Call (810) 632-5200 to register or visit www.cromaine.org for more details.

Shapedown®

Saint Joseph Mercy Health System offers Shapedown®, a national weight management program for families. Parents and children work together as a team with a social worker, registered dietitian, and exercise specialist to learn how healthy eating, an active lifestyle, and effective communication promote weight loss and family unity. The program starts with ten weekly two-hour classes. May be covered in part by certain insurances. Scholarships are available. Visit www.stjoesannarbor.org/shapedown for more information.

Roller-skating

Rollerama Skating Center—810-227-2010 or www.metro skating.com

Tae Kwon Do/Tai Chi

ATA Martial Arts—810-623-3312 or www.ataonline.com

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Kil's Tae Kwon Do—810-227-1991 or www.kilsmartialarts.com

Neff Martial Arts—517-672-1444 or www.neffmartialarts.com

Teen Center

Hartland Next Door Teen Center — 810-991-0050 or www.nextdoorhtc.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Toe-Tappin' Tuesdays

Awaken your child's imagination and get ready to move and interact with your child through music, movement, and more! For all ages and their caregiver. Call the Brighton District Library for more information and specific dates at (810) 229-6571 or visit www.brightonlibrary.info

Wednesday Wigglers

Stimulate your active toddler with books, music, and movement. This activity is best suited to toddlers who enjoy rolling, creeping, stretching, and moving. Call the Brighton District Library for more information and specific dates at (810) 229-6571 or visit www.brightonlibrary.info

Yoga

Bent Yoga—248-491-8565 or www.bentyogastudio.com

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Fusion Pilates and Yoga—810-588-4461 or www.fusionpilatesandyoga.com

Good Karma Yoga Studio LLC—810-991-1927 or www.goodkarmayogastudio.com

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

YMCA Summer Day Camp

Summer day camp programming with transportation to the Carls Y in Milford. Program hours are 8:30 a.m. to 4 p.m. with before and after care available. Daily program includes multiple opportunities for outdoor physical activity, games, sports skills, nature walks, nutrition, and care character values activities. Call (248) 685-3020 for more information or visit www.ymcadetroit.org

Zumba

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Howell Area Aquatic Center—517-540-8355

Kil's Tae Kwon Do—810-227-1991 or www.kilsmartialarts.com

My Stronger Self Fitness and Dance—810-844-1650 or www.mystrongerself.com

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

TruFit Fitness Studio—517-546-7100 or www.trufitfitnessstudio.com

Zumba Joanie—www.zumbajoanie.com

Youth Safety

Boater's Safety

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com
ONLINE—www.boat-ed.com/michigan

Hunter's Safety

Livingston Conservation and Sports Association - 810-227-2917 or www.lcsa.info
Livingston County Wildlife and Conservation Club—810-231-1811 or www.lcwcc.org
ONLINE—www.hunter-ed.com/michigan

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Self-Defense

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com
Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com
Kil's Tae Kwon Do—810-227-1991 or www.kilsmartialarts.com
Neff Martial Arts—517-672-1444 or www.neffmartialarts.com
Ohana Karate—517-545-5557 or www.ohanakarate.com
Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Snow Mobile Safety

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com
Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com
Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org
ONLINE—www.snowmobile-ed.com/michigan
Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Other

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If you're looking for assistance with a problem and you don't know where to turn, or you simply want information on a particular human service issue, 2-1-1 is for you. It is available 24 hours a day, seven days a week. Just pick up your phone and dial 2-1-1. If you are outside the communities listed above or are calling by pay phone or cell phone, you can reach the call center directly by dialing (866) 561-2500.

New Life Home Health Care MIHP (Maternal Infant Health Program)

New Life Home Health Care's Maternal Infant Health Program (MIHP) is located in Livingston County, and is a home visiting program. We provide care coordination and education for pregnant and infant (through the first year) Medicaid beneficiaries by focusing on the mother-infant dyad. Care coordination services are provided by a Registered Nurse and a Licensed Social Worker, one of whom is designated as the Care Coordinator. The goal of MIHP is to support Medicaid beneficiaries in order to promote healthy pregnancies, positive birth outcomes, and healthy infant growth and development. MIHP services are intended to supplement medical (prenatal and infant) care, and to assist healthcare providers in managing the beneficiary's health and well being. Visit us at www.newlifehhc.com or call (517) 586-4013.

***Healthy Habits for Youth* is a community workgroup under the Human Services Collaborative Body.**

Vision: Livingston County youth choose to eat better, move more, avoid unhealthy substances, and connect with others in healthy ways.

Mission: To create a culture of wellness for our youth and foster sustainable improvements in the health of our communities through education, availability and accessibility of resources, and engagement of all community members in the pursuit of health.

A special *thank you* to the local businesses, organizations, and agencies that responded to the call for updates and additions to the guide. These resources have improved and enriched this guide in its 3rd edition.

Should you wish to be included in future editions of this guide or if you are interested in joining *Healthy Habits for Youth*, please contact:

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(517) 546-9850