



Health&Wellness**ToGo**

[munsonhealthcare.org/health-and-wellness-to-go](http://munsonhealthcare.org/health-and-wellness-to-go)

- Alzheimer's disease
- Arthritis
- Autism
- Bereavement/grief
- Breastfeeding
- Diabetes/Prediabetes
- Fall/injury prevention
- Healthy weight
- Heart health
- Helping aids/tools
- Hospice/Palliative Care
- Mental Health
- Parkinson's disease
- Strength improvement
- Stroke recovery



Health&Wellness**ToGo**

Munson Community Health Center  
550 Munson Ave., Suite 100  
Traverse City, MI 49686  
231-935-9265 phone

Library-MCHCCommunityHealth@mhc.net

 **MUNSON HEALTHCARE**  
Community Health Library

Reliable health information and resources, assembled in one convenient tote bag, are available for check out from these locations:

**Munson Healthcare  
Community Health Library**  
550 Munson Ave., Suite 100  
Traverse City, MI 49686  
231-935-9265

**Fife Lake Public Library**  
77 Lakecrest Ln.  
Fife Lake, MI 49633  
231-879-4101

**Golden Fellowship Hall**  
9700 Riley Rd.  
Interlochen, MI 49643  
231-922-4911

**Hope Village**  
4354 Mt. Hope Rd.  
Williamsburg, MI 49690  
231-938-4673

**Leland Twp. Public Library**  
203 E. Cedar St.  
Leland, MI 49654  
231-256-9152

**Senior Center Network**  
801 E. Front St.  
Traverse City, MI 49686  
231-922-4911

**Suttons Bay Bingham  
District Library**  
416 Front St.  
Suttons Bay, MI 49682  
231-271-3512

**The Rock**  
115 E. Blair St.  
Kingsley, MI 49649  
231-263-7000