

Health Living

WebMD

<http://www.webmd.com/>

Health line

<http://www.healthline.com/>

How's My Health

<http://howsyourhealth.com/>

All Recipes.com

<http://allrecipes.com/Recipes/healthy-recipes/Main.aspx>

Healthy Recipes

<http://www.kraftrecipes.com/healthy-living-ideas/main.aspx>

YMCA

<http://ymca.net/healthy-living/>

Walk Styles

<http://www.walkstyles.com/index.aspx>

Chicago Park Districts

<http://www.chicagoparkdistrict.com/index.cfm/fuseaction/root.home/intHomeLink/1/home.cfm>

Depression

MedicineNet.com

<http://www.medicinenet.com/depression/article.htm>

eHow Health

http://www.ehow.com/how_5116020_stop-depression.html

Life Advisor - Self Help and Improvement

<http://www.life-advisor.com/depression-self-help/>

Healthy Heart

American Heart Association

<http://www.heart.org/HEARTORG/>

American Diabetes Association

<http://www.diabetes.org/>

Centers for Disease Control and Prevention

<http://www.cdc.gov/heartdisease/>

National Heart Lung and Blood Institute

<http://www.nhlbi.nih.gov/educational/hearttruth/>

MedicineNet.com

http://www.medicinenet.com/stress_and_heart_disease/article.htm

Weight Control Information Network - service of the National Institute of Diabetes and Digestive and Kidney Diseases

National Institutes of Health

<http://win.niddk.nih.gov/about/index.htm>

High Cholesterol

eMedicine Health

http://www.emedicinehealth.com/cholesterol_tests/article_em.htm

Family Doctor.org

<http://familydoctor.org/online/famdocen/home/common/heartdisease/risk/029.html>

Medline Plus

<http://www.nlm.nih.gov/medlineplus/ency/article/003493.htm>

Women's Health Zone

<http://www.womenshealthzone.net/heart-conditions-stroke/cardiovascular-disease/cholesterol-test-results/>

Diabetes

Endocrine Web

<http://www.endocrineweb.com/conditions/diabetes/diagnosing-diabetes>

National Diabetes Information Clearing House

<http://diabetes.niddk.nih.gov/dm/pubs/diagnosis/>

Diabetic Diet Plan and Food Guide

<http://www.diabeticdietfordiabetes.com/>

Kidney Health

American Kidney Fund

<http://www.kidneyfund.org/>

eMedicineHealth.com

http://www.emedicinehealth.com/chronic_kidney_disease/article_em.htm

Life Options

<http://www.lifeoptions.org/kidneyinfo/ckdinfo.php>

National Kidney and Urologic Diseases Information Clearing House

<http://kidney.niddk.nih.gov/Kudiseases/pubs/yourkidneys/>

National Kidney Foundation

<http://www.kidney.org/>

Chronic Pain Syndrome

American Pain Foundation

<http://www.painfoundation.org/>

Partners Against Pain

<http://partnersagainstpain.com/index.aspx>

American Chronic Pain

<http://www.theacpa.org/default.aspx>

Obesity - Weight Loss

National Heart Lung and Blood Institute

<http://www.nhlbisupport.com/bmi/>

United States Department of Agriculture

<http://www.choosemyplate.gov/index.html>

US Wellness

<http://uswellness.com/dt/uwindex.asp>

Weight Watchers

<http://www.weightwatchers.com>

Seattle Sutton's Healthy Eating

<http://www.seattlesutton.com/>

Jenny Craig

<http://jennycraig.com>

Smoking Cessation

Illinois Tobacco Quitline

<http://www.quityes.org/>

Social Security Administration

800/772-1213

<http://www.socialsecurity.gov/>

Substance Abuse

Alcoholics Anonymous

<http://www.aa.org/subpage.cfm>

Transportation Providers

Medi-ride Van Transportation

http://www.reshealth.org/rhcservices/service_detail.cfm?rhcServiceID=47