

Free Web-Based Health Information

Alcohol

National Clearinghouse for Alcohol and Drug Information - www.ncadi.samhsa.gov

Allergies and Asthma

Allergy and Asthma Network - www.aanma.org

Cancer Prevention and Management

American Cancer Society - www.cancer.org

National Cancer Institute - www.nci.nih.gov

Diabetes

American Diabetes Association - www.diabetes.org

Eye Health and Safety

American Optometric Association - www.aoanet.org

Family Health

American Academy of Family Physicians - www.familydoctor.org

Fibromyalgia

Fibromyalgia support group in Elmira -

www.fmaware.org/site/Clubs?club_id=1501&pg=main

Food Safety

Food and Nutrition Information Center - www.nal.usda.gov/fnic

Glaucoma

Prevent Blindness America - www.preventblindness.org

Headaches

National Headache Foundation - www.headaches.org

Heart Health

American Heart Association - www.americanheart.org

National Heart, Lung, and Blood Institute - www.nhlbi.nih.gov

Liver Health

American Liver Foundation - www.liverfoundation.org

Lung Health

American Lung Association - www.lungusa.org

Medication

National Library of Medicine's Medline Plus -

www.nlm.nih.gov/medlineplus/druginformation.html

Mental Wellness

Alzheimer's Association - **www.alz.org**

National Institute of Mental Health - **www.nimh.nih.gov**

Nutrition and Weight Control

American Dietetic Association - **www.eatright.org**

Food Addicts Anonymous, **<http://www.foodaddictsanonymous.org>**

Overeaters Anonymous, 387-8253, **<http://www.oa.org>**

Osteoporosis

National Osteoporosis Foundation - **www.nof.org**

Physical Fitness

American Council On Exercise - **www.acefitness.org**

Poison Prevention

American Association of Poison Control Centers - **www.aapcc.org**

Sleep

National Sleep Foundation - **www.sleepfoundation.org**

Smoking Cessation

American Lung Society - **www.lungusa.org**