

Complementary Medicine

GHC was the first in Madison to offer members complementary medicine therapies, and options have been growing ever since! Complementary Medicine is a central component of holistic health.

Therapeutic Sessions

GHC Member-Owners can choose from a diverse menu of therapeutic sessions, with two key bonuses:

1. You **don't need a referral**. You decide what you need, when you need it.
2. Use your GHCMYChartSM account for preferential and convenient scheduling, or call us at **(608) 662-5090**.

Acupuncture

is a traditional Chinese therapy that uses thin needles to help stimulate the body's natural ability to heal.

Craniosacral Therapy

is a gentle touch therapy that helps bring balance to the body by releasing pain, stress and trauma.

Infant Massage Therapy

uses light touch to strengthen the bond between parent and child.

Manual Lymph Drainage

is a gentle technique to assist in boosting the immune system and increase lymph production.

Massage Therapy

promotes relaxation and soothes tension by gently pressing or kneading muscles and soft tissues.

Mind/Body

is an integration of several physical and energy-based techniques designed to reduce stress and its effects on our physical body. Each appointment is a unique opportunity to connect with your body, find deep relaxation, and learn tools to support well-being.

Myofascial Massage

releases body tissues to help increase functioning after an injury or the onset of pain.

Naturopathic Medicine

combines herbal medicine, nutrition and other therapies for natural healing.

Oncology Care

works with conventional cancer care by incorporating the healing therapies of massage, acupuncture and more.

Reflexology

uses gentle pressure on the foot to help relieve pain and other symptoms.

Reiki Therapy

uses light touch to lower stress, enhance relaxation, relieve pain and increase self-awareness.

Structural Integration

is a series of myofascial release sessions combined with movement awareness education, customized to improve postural alignment and ease in gravity. Each session covers a new territory of the body in a cumulative, purposeful sequence. Our primary goals are to wipe a clean slate for long-held biomechanical imbalances in order to reset chronic pain patterns.

Thai Massage

involves a practitioner that moves your body into comfortable, yoga-like stretches for total body relaxation.

Group Classes

Join a class that's right for you! To register, visit ghcscw.com, select "Wellness," then click on "Sign Up for Classes," or call **(608) 662-5090**.

Belly Dance / Zumba

is a timeless style of dance which combines elegance and passion. While belly dancing, abdominal muscles are constantly engaged, initiating all the body's movement. It is rewarding for people of any age or fitness level.

Stress Management

designed for you to choose different topics related to managing stress and its effects on your body. Each class offers an opportunity to connect with your body, find deep relaxation and learn tools to support well being.

Yoga

classes combine postures, breathing techniques and meditation to improve your overall health and well-being. Relax, recharge and restore with any of our yoga class levels.

Tai Chi

is a slow-moving martial art practice that combines mind, breath and action to increase flexibility, strengthen the body, restore balance and generate peace of mind.

Complementary Medicine Fees

Service	Service Description	Service Fees
Acupuncture	First consult, up to 90 minutes	\$87
	Follow-up visit, up to 60 minutes	\$59
	Community style (follow-up only)	\$32
Craniosacral Therapy	60 minutes	\$59
Massage Therapy	30 minutes	\$39
	60 minutes	\$59
MindBody Appointments	60 minutes	\$59
Naturopathy	First consult, 75 minutes	\$75
	Follow-up visit, 45 minutes	\$45
Reflexology	60 minutes	\$59
Reiki Therapy	60 minutes	\$59
Structural Integration	90 minutes	\$98
Thai Massage	60 minutes	\$59
Therapeutic Bodywork	60 minutes	\$59

Complementary Medicine services are now available directly from GHC-SCW Providers. This change in complementary medicine services means that, while still available at a reduced price, services are no longer covered as an insurance benefit under GHC-SCW policies. Pricing is subject to change. Please contact GHC-SCW clinics or visit our GHC-SCW website for information about current pricing.



Complementary Medicine Locations

East Clinic

5249 E. Terrace Dr.
Madison, WI

Hatchery Hill Clinic

3051 Cahill Main
Fitchburg, WI

Sauk Trails Clinic

8202 Excelsior Dr.
Madison, WI

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GHC-SCW also offers a wide variety of classes and workshops. Visit ghcscw.com for more details!