

GHC-SCW Virtual Diabetes Support Group



Having support is vital when you or a loved one lives with diabetes. The GHC-SCW Virtual Diabetes Support Group encourages:

- Healthy Eating
- Monitoring
- Reducing Risks
- Problem Solving
- Being Active
- Taking Medications
- Healthy Coping

Group Health Cooperative of South Central Wisconsin (GHC-SCW) Diabetes Support Group will be meeting virtually every 3rd Wednesday of the month starting on August 18, 2021.

The group focuses on education and support. A variety of healthcare professionals will be present to share information and aid the group conversation. Participants will receive 20 pounds of food to support a healthy lifestyle at no cost.



Upcoming Sessions

(2021–2022)

- Wednesday, August 18
- Wednesday, September 15
- Wednesday, October 20
- Wednesday, November 17
- Wednesday, December 15
- Wednesday, January 19

Meeting Time
6:00–7:30 p.m.



To learn more and register, call Sharon Rice at **(608) 662-4991** or visit ghcscw.com/wellness/health-management.

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 **Group Health
Cooperative**

of South Central Wisconsin

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