

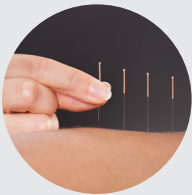
GHC-SCW Complementary Medicine



Traditional and Non-Traditional Medicine Working Together

At GHC-SCW we believe in a holistic approach to wellness. We complement traditional medicine with alternative care like **therapeutic sessions** and **group classes**. Reach your highest health potential with the GHC-SCW complementary medicine program – **the first of its kind in Dane county!**

Therapeutic Sessions



Complementary medicine therapeutic sessions are one-to-one sessions available by appointment. They're open to all GHC-SCW members, no referral is needed. Please refer to your Benefits Summary and Member Certificate for benefit details.

- Acupuncture
- Massage Therapy
- Mind/Body Aromatherapy Care
- Naturopathy
- Reflexology
- Reiki
- Thai Massage
- And more!

Get Started!

To schedule an appointment, visit ghcscw.com and log in to your GHCMYChartSM account or call (608) 662-5090.



Group Classes



- General Fitness
- Meditation
- Tai Chi
- Yoga
- And more!

Get Started!

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

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Group Health Cooperative of South Central Wisconsin (GHC-SCW)
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 **Group Health
Cooperative**

of South Central Wisconsin

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