

### **THERAPEUTIC SESSIONS**

Come experience our wide variety of individual therapeutic sessions today! **No referral is needed.** To schedule your appointment, **visit [ghcscw.com](http://ghcscw.com)** and log in to your GHCMYChartSM account or call **(608) 662-5090**.

#### **Acupuncture**

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



#### **Mind/Body Aromatherapy**

incorporates light touch, aromatherapy, and more to promote relaxation and reduce tension or stress.

#### **Craniosacral Therapy**

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

#### **Manual Lymph Drainage**

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

#### **Naturopathic Medicine**

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

#### **Oncology Care**

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

#### **Infant Massage Therapy**

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



#### **Massage Therapy**

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

#### **Myofascial Massage**

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

#### **Thai Massage**

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

### GROUP CLASSES

Our educational experts have developed a broad range of classes to help you live your life to its fullest. 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**.

#### Mindfulness Meditation

can help relax the body and mind, increase calmness, and improve psychological balance. Techniques taught include postures, focused attention, and an open attitude toward distractions.

#### 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.



#### Yoga

combines physical postures, breathing techniques, and meditation to improve overall health and well-being. Relax, recharge, and restore with any of our variety of yoga classes.

## Complementary Medicine Locations

**Complementary  
Medicine Central Clinic**  
740 Regent St., Suite 106  
Madison, WI 53703

**East  
Clinic**  
5249 E. Terrace Dr.  
Madison, WI 53718

**Hatchery Hill  
Clinic**  
3051 Cahill Main  
Fitchburg, WI 53711

**Sauk Trails  
Clinic**  
8202 Excelsior Dr.  
Madison, WI 53717

Learn more at **ghcscw.com**, select "Wellness."