

# GHC-SCW Complementary Medicine Classes

## 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 **group classes** and **therapeutic sessions**. Reach your highest health potential with the GHC-SCW complementary medicine program – **the first of its kind in Dane County!**

### Group Classes

---



**Aromatherapy** classes teach the aromatherapy basics including the benefits of different essential oils, as well as how to safely create aromatherapy. Participants will have the opportunity to create their very own blend.



**Belly Dance/Zumba** classes use a timeless style of dance with elegance and passion. Isolation of the chest, tummy and hip muscles while dancing creates fluidity and a vigorous toning and cardio workout.



**Fall Prevention** classes teach participants a variety of techniques to prevent falls including yoga, tai chi, ballroom dancing and more.



**Mindfulness Meditation** can help relax the body and mind, increase calmness and improve psychological balance. Techniques 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** classes utilize postures, breathing techniques and meditation to improve your overall health and well-being. Relax, recharge and restore with any of our yoga class levels.

### Complementary Medicine Locations

---

- 1. East Clinic**  
5249 E. Terrace Dr.  
Madison, WI
- 2. Hatchery Hill Clinic**  
3051 Cahill Main  
Fitchburg, WI
- 3. Sauk Trails Clinic**  
8202 Excelsior Dr.  
Madison, WI

### ➔ Get Started!

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

# BETTER TOGETHER<sup>SM</sup>

Group Health Cooperative of South Central Wisconsin (GHC-SCW)  
MK20-123-0(9.20)FL

 **Group Health  
Cooperative**

of South Central Wisconsin

[ghcscw.com](http://ghcscw.com)