

# 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

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

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

**Aroma Mind/Body Care** uses light touch, aromatherapy and more to promote relaxation and reduce tension or stress.

**Craniosacral Therapy** is a light touch therapy using mostly stationary hand placements to 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** therapeutic techniques promote relaxation, sooth tension and aid in pain reduction by pressing and kneading muscles and soft tissues.

**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, reiki and more.

**Reflexology** uses 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.

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



### Get Started!

To schedule an appointment, visit [ghcscw.com](http://ghcscw.com) and log in to your GHCMYChart<sup>SM</sup> account or call (608) 662-5090.

# BETTER TOGETHER<sup>SM</sup>

 **Group Health  
Cooperative**

of South Central Wisconsin

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

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## Group Classes

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**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

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- 1. Complementary Medicine Central Clinic**  
740 Regent St., Suite 106  
Madison, WI
- 2. East Clinic**  
5249 E. Terrace Dr.  
Madison, WI
- 3. Hatchery Hill Clinic**  
3051 Cahill Main  
Fitchburg, WI
- 4. Madison College Community Clinic**  
1705 Hoffman St.  
Madison, WI
- 5. 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 [ghcsw.com](http://ghcsw.com), select "Wellness," then click "Sign Up for Classes" or call (608) 662-5090.

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