

GHC-SCW Diabetes Boot Camp



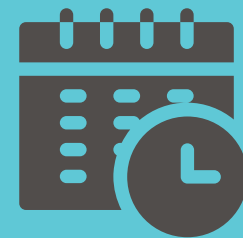
Having support is vital when you or a loved one lives with diabetes.

The GHC-SCW Diabetes Boot Camp encourages:

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

Group Health Cooperative of South Central Wisconsin (GHC-SCW) Diabetes Boot Camp meets virtually.

The group focuses on education and support. A variety of health care professionals will be present to share information and aid the group conversation.



Upcoming Sessions 2026

- Tuesday, October 6
(Introductory Session)
- Tuesday, October 13
(Risks)
- Tuesday, October 20
(Healthy Coping)
- Tuesday, October 27
(Healthy Eating)
- Tuesday, November 3
(Physical Activity)
- Tuesday, November 10
(Monitoring)
- Tuesday, November 17
(Medications)

Meeting Time
6-7:30 p.m.



To learn more and register, call Morgan Norton at (608) 662-4912 or visit ghcscw.com/health-conditions/diabetes.

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 **Group Health
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