

GHC-SCW Diabetes Boot Camp



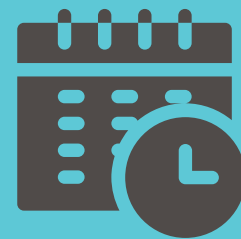
Having support is vital when you or a loved one lives with diabetes.

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 will be meeting virtually starting August 28, 2024.

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



Upcoming Sessions 2024

- Wednesday, August 28 (Introductory Session)
- Wednesday, September 11
- Wednesday, September 25
- Wednesday, October 9
- Wednesday, October 23
- Wednesday, November 6
- Wednesday, November 20

Meeting Time
6:00–7:30 p.m.



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

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 **Group Health
Cooperative**

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