

GHC - SCW Virtual Diabetes Support Group



Having support is vital when you or a loved one lives with diabetes. The GHC-SCW Virtual Diabetes Support Group encourages:

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

Group Health Cooperative of South Central Wisconsin (GHC-SCW) Diabetes Support Group will be meeting virtually starting September 27th, 2023.

The group focuses on education and support. A variety of healthcare professionals will be present to share information and aid the group conversation. Participants will have the option to receive up to 30 pounds of food to support a healthy lifestyle at no cost.



Upcoming Sessions (2023-2024)

- Wednesday, September 27 (Introductory Session)
- Wednesday, October 11
- Wednesday, November 8
- Wednesday, December 13
- Wednesday, January 10
- Wednesday, February 21
- Wednesday, March 13

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**

of South Central Wisconsin

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