

# GHC-SCW Diabetes Boot Camp



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

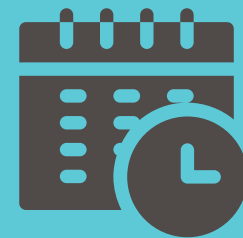
The GHC-SCW Diabetes Boot Camp encourages:

- 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 **April 7, 2026**.

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

Members who participate in all sessions will receive a gift basket upon completion.



## Upcoming Sessions 2026

- **Tuesday, April 7**  
(Introductory Session)
- **Tuesday, April 14**  
(Risks)
- **Tuesday April 21**  
(Healthy Coping)
- **Tuesday, April 28**  
(Healthy Eating)
- **Tuesday, May 5**  
(Physical Activity)
- **Tuesday, May 12**  
(Monitoring)
- **Tuesday, May 19**  
(Medications)

**Meeting Time**  
**6:00–7:30 p.m.**



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

# BETTER TOGETHER<sup>SM</sup>

Group Health Cooperative of South Central Wisconsin (GHC-SCW)  
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 **Group Health Cooperative**

of South Central Wisconsin

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