



Mind Body Spirit Day 2024

Set your mind at ease while we explore those things that keep us up at night.

Agenda

8:45 a.m. Check-in

8:55 a.m. Welcome

9 a.m. **Medicare: The Good, Bad and Ugly**

Molli Stolz, Aging Partners Benefits Counselor

Clint Solano, Aging Partners Benefit Counselor

Medicare is a major part of every senior's life in America. Each part of Medicare is complex and has its own challenges. We'll break them down part by part for better understanding.

9:45 a.m. Break

10 a.m. **Making Smart Financial Decisions in Retirement**

Patricia Bennett, Senior Vice President and Resident Director with Merrill Lynch Wealth Management in Lincoln, Nebraska

Even with proper planning, many seniors experience financial challenges, and they must develop strategies to prevent economic-related stress. Take a look at some of the financial problems seniors face and tips they can use to address each issue.

10:45 a.m. Shake It Off

11 a.m. **Herbalism at Home**

Paige Hill, clinical herbalist, owner of Oak Leaf Herbal

Explore the medicinal benefits and applications of common herbs on your spice rack as well as right outside your door. Healing plants are everywhere and we will discuss how to select the right options for your garden and your kitchen.

11:45 a.m. Closing

**Friday,
March 15, 2024**

9 a.m.-Noon • \$29

Jack J. Huck Continuing
Education Center, Room 303
301 S. 68th St. Place, Lincoln

Register at southeast.edu/continuing

Online Registration Keyword: *Mind*

Registration Deadline: *March 11*

Co-sponsored by:



For more information, contact us at
continuinged@southeast.edu,
402-437-2700 • 800-828-0072

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. **ADA Reasonable Accommodations:** SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.



Registration Form - Non-Credit Course

Complete this form with payment information and send via FAX or mail to: **Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510**
FAX: 402-437-2703

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit southeast.edu/academics/college-catalog.php for additional information.

Today's Date

___/___/___

* Required

PLEASE PRINT

Social Security Number OR SCC Student ID Number		Name: * Last		* First	Middle Initial	* Email Address	
* Residence Mailing Address			* City	* State	* Zip	County #	<input type="checkbox"/> Cell <input type="checkbox"/> Home Phone
* Birth Date	Identify as: <input type="checkbox"/> Male <input type="checkbox"/> Female	Ethnicity (select one): <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino	Race (select one or more): <input type="checkbox"/> White <input type="checkbox"/> Native Hawaiian or Other Pacific Islander <input type="checkbox"/> American Indian or Alaska Native		<input type="checkbox"/> Asian <input type="checkbox"/> Black or African American	<input type="checkbox"/> NE Resident <input type="checkbox"/> Non-Resident	Business Phone
COURSE NUMBER	SECTION	TITLE	DATE	LOCATION	START TIME	COST	
L L L X 0 6 8 2	C E S A	Mind Body Spirit Day 2024	March 15, 2024	CEC, 303	9 a.m.	\$29	

SIGNATURE

Check Mastercard AMEX Discover VISA V Code _____
(Checks may be converted into an electronic fund transfer, resulting in funds being held or removed immediately.)

Name as it appears on card: _____ Exp. Date _____

CC # _____

For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

Would you like a receipt mailed to you?
 Yes No

SCC Staff Tuition Waiver ()

TOTAL DUE

FOR OFFICE USE ONLY

ID# _____
DE _____

Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; and 5) any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. SCC is an Equal-Opportunity co-educational college and does not discriminate based on race, color, religion, sex*, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. southeast.edu/about/other-scc-departments/access-equity-diversity-title-ix/index.php * The U.S. Department of Education's Office for Civil Rights enforces Title IX's prohibition on discrimination on the basis of sex to also include discrimination based on gender identity.

Register Online for SCC Continuing Education Classes

You must have an email account to register online.

1. Go to <http://bit.ly/RegisterCE>.
2. **Search for your class** by entering either a **key word** in the title or the **course number**. Click **Submit**. (Enter information in only one field for broader results.)
Key Word Example: *Driver*
Course Number Example: *TRAN-3398*
3. **Select the course** for which you wish to register. Click **Submit**.
4. Enter your **personal information, certify your identification** and click **Submit**.
* You must provide your Social Security Number.
5. *Optional*: Enter your **Additional Registration Information** and click **Submit**.
6. If you want to register for additional classes, select **Search for more classes** under "Choose one of the following." If you are finished selecting the class(es) for which you want to register, select **Register now (check out)**. Select your **Payment Type**. Click **Submit**.
7. Enter your **payment information**. Click **Submit**.

You will see your **class acknowledgement** with information about your **SCC Student ID Number, SCC User ID** and **password**. **Print** this page for your records.

In the future it will be easy to register by logging in using your SCC User ID and password and it will not be necessary to provide your Social Security number again.

If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.



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402-437-2700 • 800-828-0072 • FAX 402-437-2703
southeast.edu/business-and-community/index.php

* The College requires a student's Social Security number as a condition for enrollment. A student's Social Security number information constitutes an "educational record" under FERPA.