



# Health Classes

Continuing Education

## Combo Foods To Balance Blood Sugars/Acid Alkaline

Add a few simple foods to your every-day diet to help you not only sustain consistent sugar levels, but to also balance out your acid/alkaline levels. Find out why certain foods make your cravings stronger and how to use simple, effective and safe methods to break bad habits. To demonstrate how easy and tasty this is, we will sample some of these foods.

**Date:** Oct. 13, 2009

**Course Number:** ACSX-0703-CSLA

**Time:** 6:30 – 8:30 p.m.

**Tuition:** \$25

**Day:** Tuesday

**Sessions:** 1

## Applied Kinesiology, Muscle Testing

The body has a natural response mechanism which shows either a positive or negative signal. Learn how to tap this innate knowledge to bring better health on all levels. Look for answers at your fingertips. This is a "hands-on" class; surprises will follow.

**Date:** Nov. 10, 2009

**Course Number:** ACSX-0704-CSLA

**Time:** 6:30 – 8:30 p.m.

**Tuition:** \$30

**Day:** Tuesday

**Sessions:** 1

## At-Home Neck & Shoulder Massage Techniques

Learn a simple method of how to do a neck and shoulder massage on your loved ones. This is a "hands-on" experience, so come ready to enjoy releasing tense muscles.

**Date:** Jan. 12, 2010

**Course Number:** ACSX-0705-CSLA

**Time:** 6:30 – 8:30 p.m.

**Tuition:** \$30

**Day:** Tuesday

**Sessions:** 1

**These classes will be taught by Kimberly and John Mercado, licensed massage therapists at their home (327 4th Terrace) in Nebraska City.**

**For more information, contact Cindy Meyer**

**120 E. 13th Corso • Nebraska City, NE 68410 • 402-873-3196 • cmeyer@southeast.edu**

### REGISTRATION FORM - NON-CREDIT COURSE

**Southeast community college**

Complete this form with payment information and send via mail to:

**Cindy Meyer  
120 E. 13th Corso  
Nebraska City, NE 68410**

Include credit card information or Letter of Authorization for third-party billing. 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 the Family Educational Rights and Privacy Act (FERPA). The College will be privileged to disclose that information only with the consent of the student or in those very limited circumstances when consent is not required by FERPA.

**PLEASE PRINT**

**2009-2010 QUARTER**

SUMMER  WINTER

FALL  SPRING

Social Security Number		Name: Last		First	Middle Initial	E-mail address	
Residence Mailing Address				City	State	Zip	County # <input type="checkbox"/> Cell <input type="checkbox"/> Business Phone
Birth Date	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	Race: (Used for statistical purposes only) <input type="checkbox"/> White, Non-Hispanic <input type="checkbox"/> Hispanic/Latino(a) <input type="checkbox"/> Asian/Pacific Island <input type="checkbox"/> Black/African-American, Non-Hispanic <input type="checkbox"/> Native American <input type="checkbox"/> Other			Veteran or Dependent Utilizing Military Benefits <input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Resident of Nebraska <input type="checkbox"/> Non-Resident of Nebraska	Home Phone

Please check all that apply:  **Combo Foods • Oct. 13 \$25 • ACSX-0703-CSLA**  **Applied Kinesiology • Nov. 10 \$30 • ACSX-0704-CSLA**  **At-Home Massage Techniques • Jan. 12 \$30 • ACSX-0705-CSLA**

#### SIGNATURE

Check  Cash  Mastercard  Discover  VISA V Code

Name as it appears on card: \_\_\_\_\_

Exp. Date \_\_\_\_\_ Credit card # \_\_\_\_\_

Billing agency (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)

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. It is the policy of SCC to provide equal opportunity and nondiscrimination in all admission, attendance, and employment matters to all persons without regard to race, color, religion, sex, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. Inquiries concerning the application of SCC's policies on equal opportunity and nondiscrimination should be directed to the Vice President for Access/Equity/Diversity, SCC Area Office, 301 S. 68th Street Place, Lincoln, NE 68510, 402-323-3412, FAX 402-323-3420, or jsoto@southeast.edu.

Staff/Department Discount	( )
<b>TOTAL DUE</b>	
FOR OFFICE USE ONLY	
DE _____	ID# _____