

Mind & Body

July-Sept. 2019

Meet & Eat: Breaking the Sugar Addiction

In the 1600s Americans consumed four pounds of sugar a year. Today we consume an average of 100 pounds a year. Contrast that with an average of only eight pounds of broccoli consumed a year. Learn where sugar is hidden and how it affects your brain, what it does to your weight and why Dr. Mark Hyman says sugar is eight times more addictive than heroin.

Keyword: Eat

July 23	T	Noon-1 p.m.	\$19
Beatrice, KEN, 334			BBBX-2237-BEUA

Green Cleaning with Essential Oils

Learn how easy and effective it can be to replace your chemical cleaners with essential oils. A number of common allergens are found in the chemical cleansers you may currently use. Discuss the benefits of using essential oils in the home while you make samples of soft scrub cleaner, dishwasher soap and laundry soap.

There is a \$10 fee associated with this class paid to the instructor in class.

Cash or check only for supplies. Selling and sales will not be a part of this class.

Keyword: Oils

Aug. 6	T	7-9 p.m.	\$24
Beatrice, KEN, 334	Weishahn		BBBX-1240-BEUA

Let Food Be Your Medicine & Medicine Your Food

The foods we eat have a direct correlation to the way we feel, the way we look, our ability to rest, and our ability to stay healthy. In this class we will discuss:

- Nutrient levels of today's modern diet compared to that of traditional diets.
- What foods may be essential to our health
- What foods may be detrimental to our health
- Tips to avoid overeating
- Should we eat organic?
- What is GMO?
- Recommended foods/48 Day Transformation

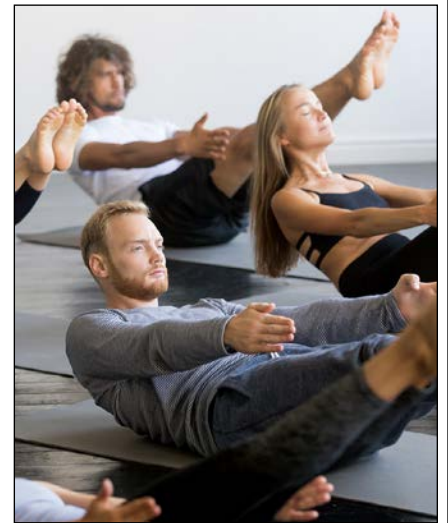
Keyword: Food

July 29	M	7-9 p.m.	\$24
Beatrice, KEN, 334	Weichel		BBBX-1001-BEUA

YOGA CLASSES

It's time to roll out your yoga mat and discover the combination of physical and mental exercises. Whether you are young or old, yoga has the power to calm the mind and strengthen the body. Don't be intimidated by yoga terminology, fancy yoga studios and complicated poses. Yoga is for everyone.

Wear comfortable clothing. Bring a thick towel or yoga mat to class. Choose a location and class to fit your needs.



Gentle Yoga

Chair, standing or mat positions.

Keyword: Yoga

July 22-Aug. 19	M	4:30-5 p.m.	\$19
Beatrice, FLOW	Schroller		BBBX-1538-BEUA
Sept. 9-Oct. 7	M	4:30-5 p.m.	\$19
Beatrice, FLOW	Schroller		BBBX-1538-BEFA

Yoga & Pilates

Introductory-level.

Keyword: Yoga

July 22-Aug. 19	M	5:30-6:30 p.m.	\$35
Beatrice, JAC, Conf. Rm	Schroller		BBBX-1537-BEUA
Sept. 9-Oct. 7	M	5:30-6:30 p.m.	\$35
Beatrice, JAC, Conf. Rm	Schroller		BBBX-1537-BEFA



Instructors to Teach Personal Interest Classes

SCC is seeking instructors who would enjoy teaching our Personal Interest classes.

From fitness to software, cooking to painting, we offer a variety of classes. Have a class you'd like to teach that we don't offer? Let us know.

Submit courses you would like to teach at:

<http://bit.ly/wanttoteachsc>

Location Key

Beatrice, FLOW..... Flowing Springs, 2211 Sunset Drive
 Beatrice, JAC.....SCC Beatrice Campus, Jackson Hall,
 4771 W. Scott Road
 Beatrice, KEN SCC Beatrice Campus, Kennedy Center,
 4771 W. Scott Road

FREE TRAINING

For information on financial assistance options, visit www.southeast.edu/cefnassist

Check out all classes offered at www.southeast.edu/BeatriceCE

Find us on Facebook® at www.facebook.com/scbeatricece

For more information, contact us at 800-828-0072 or continuing@southeast.edu



REGISTER ONLINE

You must have an email account to register online.

- Go to <http://bit.ly/RegisterCE>
- Search for your class** by entering 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*
- Select the course** for which you wish to register. Click **Submit**.
- Enter your **personal information, certify your identification** and click **Submit**.
* You must provide your Social Security Number.
- Optional:** Enter your **Additional Registration Information** and click **Submit**.

- 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**.
- 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**. You also will receive an email with this same information 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.

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

OR REGISTER BY MAIL, FAX OR IN PERSON



Registration Form - Non-Credit Course

Today's Date

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

PLEASE PRINT

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit www.southeast.edu/collegecatalog for additional information.

Social Security Number OR SCC Student ID Number		Birth Date	Name: Last		First	Middle Initial
Residence Mailing Address			City	State	Zip	County #
Email Address			Cell Phone	<input type="checkbox"/> Home <input type="checkbox"/> Business Phone		
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> Nebraska Resident <input type="checkbox"/> Non-Resident	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"/> Asian <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> American Indian/Alaska Native <input type="checkbox"/> Black/African-American		

COURSE NUMBER	TITLE	START DATE	COST
-	-	-	\$
-	-	-	\$
-	-	-	\$
-	-	-	\$

SIGNATURE

Check Cash Mastercard AMEX Discover VISA V Code _____

Name as it appears on card: _____

Exp. Date _____ CC # _____

Billing agency (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)

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. 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 St. Place, Lincoln, NE 68510, or jsoto@southeast.edu.

301 S. 68th St. Place, Lincoln, NE 68510
402-437-2700 • 800-828-0072 • FAX 402-437-2703
www.southeast.edu/continuing

