

Mind & Body

Oct.-Dec. 2019

Essential Oils for Gift Giving

A fun get-together for those new to essential oils. We also will make a few homemade recipes using essential oils to take home or give as gifts. Discover how to make all natural cleaners, body butter, bath salts, lip balm, and more. Enjoy a few fun refreshments, too.

Cost includes all supplies. Product sales will not be a part of this class.

Keyword: Oils

Dec. 14	S	2-4 p.m.	\$45
Louisville, SHSH	Wolcott		AREA-6702-PLFA

Soap Making 101

Discover how to make healthy handmade soap from scratch. You will learn basic soap making process and the chemistry behind it and how to make soap safely. We will cover everything you need to know about the soap making supplies and ingredients.

There is a \$10 supply fee payable to instructor in class. Check or cash only for supplies. Product sales will not be a part of this class.

Keyword: Soap

Oct. 12	S	10 a.m.-Noon	\$55
Louisville, SHSH	Wolcott		AREA-5725-PLFA



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 unless noted below. Chose a location and class to fit your needs.

Yoga

Mats provided.

Keyword: Yoga

Oct. 3-31	Th	7-7:55 p.m.	\$35
Plattsmouth, PCC	Brees		AREA-8419-PLFB
Nov. 14-Dec. 19	Th	7-7:55 p.m.	\$35
Plattsmouth, PCC	Brees		AREA-8419-PLFC

Beginning Women's Primal Self Defense

This basic level course, taught by 88 Tactical, offers a good starting point for women, 12 years old or older. Students will learn situational awareness and practice conflict de-escalation. This course primarily addresses how to deal with verbal confrontations, but students also learn some basic moves to defend themselves against a physical attack.

Students get the chance to use full-force techniques against a staff instructor donning specially designed protective gear. This class is geared towards women, but anyone is encouraged to attend.

Keyword: Defense

Nov. 2	S	8:30 a.m-12:30 p.m.	\$89
Plattsmouth, PLLC, Comm		88 Tactical	AREA-8501-PLFA

Fit for Senior Living

Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key in this 12-week session. Best price for your workout!

Bring a towel and your tennis shoes. NOTE: No class Nov. 27 and 29.

Keyword: Fit

Oct. 2-Dec. 23	M, W, F	9:30-10:30 a.m.	\$65
Plattsmouth, PLAH, Fitness Ctr		Scanlan	AREA-8810-PLFA

Location Key

Louisville, SHSH.....Simply Home Sweet Home Studio,
8980 Raven Drive
(Class location is rural, three miles from Hwy 66)
Plattsmouth, PCC..... Plattsmouth Community Center, 308 S. 18th
Plattsmouth, PLAH..... Plattsmouth High School, 1916 Hwy 34
Plattsmouth, PLLC..... Learning Center at Plattsmouth, 537 Main St.

FREE TRAINING

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



www.ed2go.com/scrne

BROWSE COURSES IN

Accounting and Finance
Business
College Readiness
Computer Applications
Design and Composition
Health Care and Medical

Language and Arts
Law and Legal
Personal Development
Teaching and Education
Technology
Writing and Publishing

For more information, contact **Lyn Belitz** at 800-828-0072, ext. 2298, or lbelitz@southeast.edu

Check out all classes offered at www.southeast.edu/PlattsmouthLC
Find us on Facebook at www.facebook.com/SCCLearningCenteratPlattsmouth

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.



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		
I identify as: <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.