

## Mind & Body

Oct.-Dec. 2019

### NEW! Conflict Shocks & Your Health

What if the conflict shocks we experience in life are contributing to symptoms we experience? What if our symptoms are actually signs of our body's natural healing process? We will discuss how conflict shocks, encountered by our psyche, initiate programs in the body to support us through the conflict and healing process. Learn a new way of looking at symptoms and gain a new level of understanding.

**Keyword: Health**

Sept. 10	T	6:30-8 p.m.	\$19
Beatrice, KEN, 334	Weichel		BBBX-1249-BEFA

### NEW! Intro to the 7 Laws of Wellness

Interested in learning how to align your lifestyle with your innate design in order to increase your resistance to illness? No matter what your current age or health status, the Seven Laws of Wellness can apply to you! Learn how to best support your body on a daily basis for maximum prevention, as well as how to assist your body through healing so you can lessen the severity of symptoms and shorten their duration.

**Keyword: Wellness**

Oct. 8	T	6:30-8 p.m.	\$19
Beatrice, KEN, 334	Weichel		BBBX-1250-BEFA

### Meet & Eat: Sleep Deprivation, Insomnia & the Solution

Find out why 70 million Americans have sleeping problems and what you can do to help them. No one wants sleeping pills or their side effects. Start understanding the circadian rhythm and how it can affect your heart, as your chances of a stroke quadruples with insomnia. Also, learn what environmental and behavioral solutions you can do to help your insomnia.

Cost includes sack lunch.

**Keyword: Eat**

Sept. 24	T	Noon-1 p.m.	\$24
Beatrice, KEN, 334			BBBX-2238-BEFA

### Emotional Freedom for Weight Loss

EFT is a form of psychological acupressure but without the invasiveness of needles. Anyone can learn EFT. You will learn how to use Emotional Freedom Technique to assist in losing weight, reducing food cravings and eating healthy. EFT is easy to learn and can help you.

**Keyword: Freedom**

Oct. 7	M	7-9 p.m.	\$24
Beatrice, KEN, 334	Weishahn		BBBX-2223-BEFA

#### Location Key

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



### 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.

#### Gentle Yoga

Chair, standing or mat positions.

NOTE: Sec. BEFC: No class Dec. 23 and 30.

**Keyword: Yoga**

Sept. 9-Oct. 7	M	4:30-5 p.m.	\$19
Beatrice, FLOW		Schroller	BBBX-1538-BEFA
Oct. 21-Nov. 18	M	4:30-5 p.m.	\$19
Beatrice, FLOW		Schroller	BBBX-1538-BEFC
Dec. 2-Jan. 13	M	4:30-5 p.m.	\$19
Beatrice, FLOW		Schroller	BBBX-1538-BEFC

#### Yoga & Pilates

All experience levels welcome.

NOTE: Sec. BEFC: No class Dec. 23 and 30.

**Keyword: Yoga**

Sept. 9-Oct. 7	M	5:30-6:30 p.m.	\$35
Beatrice, JAC, Conf. Rm		Schroller	BBBX-1537-BEFA
Oct. 21-Nov. 18	M	5:30-6:30 p.m.	\$35
Beatrice, JAC, Conf. Rm		Schroller	BBBX-1537-BEFC
Dec. 2-Jan. 13	M	5:30-6:30 p.m.	\$35
Beatrice, JAC, Conf. Rm		Schroller	BBBX-1537-BEFC

## FREE TRAINING

For information on financial assistance options, visit [www.southeast.edu/cefinassist](http://www.southeast.edu/cefinassist)

For more information, contact us at 00-828-0072 or [continuinged@southeast.edu](mailto:continuinged@southeast.edu).

Check out all classes offered at [www.southeast.edu/BeatriceCE](http://www.southeast.edu/BeatriceCE)

Find us on Facebook at [www.facebook.com/scbeatricece](http://www.facebook.com/scbeatricece)

**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.

## Emotional Freedom for Holiday Stress

Dealing with stress is absolutely essential to your physical and mental health. Holiday stressors can be hard to cope with. In this class, learn how Emotional Freedom Technique, a form of psychological acupressure without the invasiveness of needles can help you cope with holiday stressors such as uncomfortable work and family situations, financial stress, and of course try to multitask all your holiday projects.

**Keyword: Freedom**

Nov. 4 M 7-9 p.m. \$24  
Beatrice, KEN, 503 Weishahn BBBX-1989-BEFA

## Essential Oils for Stress

In this class, we will learn what essential oils are, how they're used for natural remedies, recipes for blending oils, cleaning supplies, cooking/ baking, why quality matters and the list goes on.

Participants will have the opportunity to experience essential oils and make a customized oil to take home. Cost includes all supplies. Selling and sales will not be a part of this class.

**Keyword: Oils**

Oct. 14 M 7-9 p.m. \$24  
Beatrice, KEN, 187 Weishahn BBBX-1232-BEFA

## NEW! Essential Oils for the Holidays

It's the "most wonderful" time of the year, but it also can be one of the most stressful. Discover how essential oils can be used to diffuse your stress, regain your balance, and control those sugar and appetite cravings.

Customize your own essential oil bottle based on your holiday stress needs to take home.

**Keyword: Oils**

Nov. 18 M 7-9 p.m. \$29  
Beatrice, KEN, 334 Weishahn BBBX-1233-BEFA

## 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**

Oct. 15 T 7-9 p.m. \$24  
Beatrice, KEN, 334 Weichel BBBX-1001-BEFA



[www.ed2go.com/scce](http://www.ed2go.com/scce)

### 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**

### Location Key

Beatrice, KEN.....SCC, Beatrice Campus, Kennedy Center,  
4771 W. Scott Road

For more information, contact us at 00-828-0072 or [continuinged@southeast.edu](mailto:continuinged@southeast.edu).



## 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](http://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	( )
<b>TOTAL DUE</b>	

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](mailto:jsoto@southeast.edu).

# 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**. 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.



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

\* 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.