Energize Your Body, Mind & Spirit

Join us for an informative and relaxing morning as we explore the interconnections between Body, Mind and Spirit. A mini retreat designed for anyone who is looking for a day to relax or those caring for others.

___ Agenda ___
8:45 a.m. ..... Check-in
8:55 a.m. ..... Welcome
9 a.m. ....... Supplements, the Good, the Bad and the Ugly
     Ally Dering-Anderson, Pharm.D., RP, UNMC College of Pharmacy
     An overview of the known benefits and possible risks associated with
     commonly used nutritional supplements including CBD oil.
9:45 a.m. ..... Break
10 a.m. .......... Meditation 101
     Paul (Prem) Nathenson, Advanced Practice Registered Nurse & Naturopath
     Discover different types of meditation and how regular meditation
can benefit us physically and mentally.
10:45 a.m. ..... Break: Qigong Demo
11 a.m. .......... Creativity and the Aging Brain
     Janelle Beadle, Ph.D, Director of the Aging Brain and Emotion Lab,
     Department of Gerontology, UNO
     Discussion of brain changes with aging and the impact on creative
     expression and well-being across adult development.
11:45 a.m. ..... Closing

___ 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 www.southeast.edu/collegecatalog for additional information.

___ SIGNATURE ___
Check □ Cash □ Mastercard □ American Express □ Discover □ Visa □
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.

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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 800-838-5072 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.

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Wednesday, April 1, 2020
9 a.m.-Noon • $19
Jack J. Huck Continuing Education Center, Room 303
301 S. 68th St. Place, Lincoln

Online Registration Keyword: Energize
You must have an email account to register online.


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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*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.*