Soap Making 101
Discover how to make healthy handmade soap from scratch. You will learn the basic soap-making process, the chemistry behind it and how to safely make soap. We will cover everything you need to know about soap making supplies and ingredients.

There is a $30 supply fee payable in class. Check or cash only for supplies. Product sales will not be a part of this class.

Keyword: Soap
Jan. 25
NE City, GGWH
9 a.m.-Noon
$35
AREA-5725-NCSC

NEW! Meet, Eat & Learn: The Wellbeing of Sleep
Discover how sleep is related to both your mental and physical well-being. Good sleep can decrease stress, improve mood, enhance concentration and keep chronic illness at bay.

Learn more from Nikki Lightner, LIMHP, LADC, Wellness Specialist at Bryan Health. A light lunch is included!

Keyword: Sleep
Jan. 29
NE City, NCLC, 101
W
11:30 a.m.-12:30 p.m.
$10
AREA-6671-NCSA

Healthy Bites
It’s the perfect time to start those new eating habits and we’ll get you headed in the right direction. You’ll learn healthy food preparation methods like bamboo steaming, smart ways to snack and easy and healthy winter comfort foods. Join us to kick-start your new year.

This is a hands-on demonstration. Supplies purchased in class (cash or check) for $10 payable to instructor.

Keyword: Healthy
Jan. 27
NE City, WPBB
M
6:30-9 p.m.
$29
AREA-4513-NCSA

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. Chose a location and class to fit your needs.

Yoga
Mats provided.

Keyword: Yoga
Jan. 13-Feb. 10
NE City, AWC, Group X
M
5:30-6:15 p.m.
Barr
$35
AREA-8419-NCSC
Jan. 15-Feb. 12
NE City, AWC, Group X
W
6-6:45 p.m.
McNeely
$35
AREA-8419-NCSC
Feb. 17-March 16
NE City, AWC, Group X
M
5:30-6:15 p.m.
Barr
$35
AREA-8419-NCSC
Feb. 19-March 18
NE City, AWC, Group X
W
6-6:45 p.m.
McNeely
$35
AREA-8419-NCSC

Yoga & Pilates
All experience levels welcome.

Keyword: Yoga
Jan. 7-Feb. 4
Syracuse, FITP
T
6:30-7:30 p.m.
Wellensiek
$35
AREA-8554-NCSA
Jan. 9-Feb. 6
Auburn, EOWL
Th
5:45-6:45 p.m.
Hayes
$35
AREA-8651-NCSC
Jan. 12-Feb. 9
Syracuse, FITP
U
6-7 p.m.
Wardyn
$35
AREA-8454-NCSC

Location Key
Auburn, EOWL............................................. Earth & Owl Yoga, 1900 O St.
NE City, AWC...............................Ambassador Wellness Center, 1240 N. 19th
NE City, GGGWH...........................................Ginger Weaver’s Home, 1721 First Ave.
NE City, NCLC.................................Learning Center at Nebraska City, 819 Central Ave.
NE City, WPBB.................................Whispering Pines B&B, 2018 Sixth Ave.
Syracuse, FITP.................................Fitness Plus, 940 12 St.

For more information, contact Cindy Meyer at 800-828-0072, ext. 3636, or cmeyer@southeast.edu

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

Cancellation/Refund Policy: You must call the Continuing Education office at 402-477-2700 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/Divesity Office.
**Register Online**

You must have an email account to register online.

2. 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
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**.

*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**

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

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.

---

<table>
<thead>
<tr>
<th>Social Security Number OR SCC Student ID Number</th>
<th>Birth Date</th>
<th>Name: Last</th>
<th>First</th>
<th>Middle Initial</th>
<th>Residence Mailing Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
<th>County #</th>
</tr>
</thead>
</table>

**Email Address**

**Cell Phone**

I identify as:  
- Male  
- Female  
- Nebraska Resident  
- Non-Resident  
- Hispanic or Latino  
- Not Hispanic or Latino  
- Asian  
- Native Hawaiian/Other Pacific Islander  
- American Indian/Alaska Native  
- Black/African-American

**COURSE NUMBER**

<table>
<thead>
<tr>
<th>COURSE NUMBER</th>
<th>TITLE</th>
<th>START DATE</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>_____________</td>
<td>_______</td>
<td>_________</td>
<td>_______</td>
</tr>
<tr>
<td>_____________</td>
<td>_______</td>
<td>_________</td>
<td>_______</td>
</tr>
<tr>
<td>_____________</td>
<td>_______</td>
<td>_________</td>
<td>_______</td>
</tr>
<tr>
<td>_____________</td>
<td>_______</td>
<td>_________</td>
<td>_______</td>
</tr>
<tr>
<td>_____________</td>
<td>_______</td>
<td>_________</td>
<td>_______</td>
</tr>
<tr>
<td>_____________</td>
<td>_______</td>
<td>_________</td>
<td>_______</td>
</tr>
<tr>
<td>_____________</td>
<td>_______</td>
<td>_________</td>
<td>_______</td>
</tr>
</tbody>
</table>

**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.

Submit payment information here.

Register now (check out)

**Today's Date**

Would you like a receipt mailed to you?  
- [Check]  
- [Yes]  
- [No]

SCC Staff Tuition Waiver ( )

FOR OFFICE USE ONLY

ID#: ____________________________  
DE: ____________________________

---

Submission of this form indicates that I understand: 1) that my registration is complete and that I am responsible for the tuition and fees and subject to a grade in the course(s) listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit the form; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit the form; 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. Requests 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.