Personal Development

Winter 2020

Introduction to Podcasting
If you are interested in podcasting as a marketing tool for you or your business, join us for this information-packed class. Discussion will include the mechanics behind the finished product (recording, editing, up/down loading, etc.), establishing an idea/approach, and boosting your brand with relevant content to drive your audience to subscribe.
NOTE: Class is live-streamed from York.

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<th>Date</th>
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<tbody>
<tr>
<td>Jan. 30</td>
<td>NE City, NCLC, 102</td>
<td>6-9 p.m.</td>
<td>$39</td>
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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!

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<tr>
<td>Jan. 29</td>
<td>NE City, NCLC, 101</td>
<td>11:30 a.m.-12:30 p.m.</td>
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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.

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<tr>
<td>Jan. 27</td>
<td>NE City, WPBB</td>
<td>6:30-9 p.m.</td>
<td>$29</td>
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The Power You Have, The Power You Give
If you have power of attorney for someone, or if you have given someone your power of attorney, do you fully understand what that means? Join us as we discuss the advantages/disadvantages of a financial power of attorney, health care power of attorney, living wills, advanced medical directives, guardianship, and conservatorship. This is important information to understand regardless of your age or life situation.

NOTE: Class is live-streamed from York.

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<tr>
<td>Feb. 20</td>
<td>NE City, NCLC, 102</td>
<td>6:30-8:30 p.m.</td>
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Welcome to Medicare
The Nebraska Senior Health Insurance Information Program, a division of the Nebraska Department of Insurance, is pleased to host “Welcome to Medicare” classes. As you or a family member approach Medicare eligibility, the tasks of understanding the program can be daunting. “Welcome to Medicare” will explain the basics of the Medicare system and is being offered in person or by webinar (watch from your computer). Anyone new to Medicare or is a family member/caregiver of an individual approaching Medicare eligibility is invited to attend.

Nebraska SHIIP will cover the cost. To register for in-person or webinar presentations, please visit www.doi.ne.gov/shiip. For questions, please call 402-471-2841.

In-person presentations are available on:

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<tr>
<td>Jan. 22</td>
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Webinar presentations are available on:

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<td>Jan. 30</td>
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<td>Feb. 13</td>
<td>NE City, NCLC</td>
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<td>March 12</td>
<td>NE City, NCLC</td>
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Medicare Update
Medicare can be a complex subject. Each year Medicare may make changes to prescription drug coverage, premiums and deductibles. Not knowing about these changes can result in shock in the new year. You are invited to attend this class to learn what changes are coming in 2020 and what you can do to ensure you are getting the most out of your Medicare coverage.

This class will provide:
- Recap/Overview of Medicare Part A, B, C, and D as well as Medicare Supplements
- Enrollment and Eligibility Deadlines
- 2020 Part D and Part C Options

To register, please visit www.doi.ne.gov/shiip. For questions, please call 402-471-2841.

Location Key
NE City, NCLC............Learning Center at Nebraska City, 819 Central Ave.
NE City, WPBB.................Whispering Pines B&B, 2018 Sixth Ave.

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
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.

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**OR REGISTER BY MAIL, FAX OR IN PERSON**

**Registration Form - Non-Credit Course**

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.

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<tr>
<th>Social Security Number OR SCC Student ID Number</th>
<th>Birth Date</th>
<th>Name: Last</th>
<th>State</th>
<th>Zip</th>
<th>County #</th>
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I identify as:  
- Male  
- Female

- Nebraska Resident  
- Non-Resident

Ethnicity (select one):  
- Hispanic or Latino  
- Not Hispanic or Latino

Race (Select one or more):  
- White  
- Asian  
- Native Hawaiian/Other Pacific Islander  
- American Indian/Alaska Native  
- Black/African-American

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<tr>
<th>COURSE NUMBER</th>
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<th>START DATE</th>
<th>COST</th>
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**TOTAL DUE**: $    

**SCC Staff Tuition Waiver**: 

Would you like a receipt mailed to you?  
- Yes  
- No

**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.

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.