Emotional Freedom for Weight Loss
EFT is a form of psychological acupressure but without the invasiveness of needles. 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**

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<th>7-9 p.m.</th>
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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**

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Nutrient Dense Foods: Grass-Fed Meat, Pastured Poultry, Eggs, & Bone Broth
Learn the difference between grass-fed and grain-fed meat as well as the benefits of pastured poultry, eggs and pork. We also will look at bone broth and why we want to reintroduce this nutrient-dense food into our diet.

**Keyword: Nutrient**

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Essential Oils
The world of essential oils is vast and intriguing. Essential oils are extracted from plants, flowers and fruits that retain the natural smell and flavor, or the "essence" of their source. Essential oils have great versatility for a variety of uses. Choose the class(es) below that interest you. If you have never taken an essential oil class, it is recommended that you enroll in the Essential Oil 101 class first. You will get to experience essential oils in all the classes and create something fun to take home.

**Keyword: Oils**

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Let’s Talk Detox
The body has a natural process. We don’t need to tell the body to detoxify. However, we do have to care for our bodies so that this natural function can happen as it was intended. In this class we will discuss:
- Why our bodies are so overwhelmed today
- The body’s channels of elimination
- How to support the body in natural detoxification
- Ways to reduce the impact of food environmental toxins on your health

**Keyword: Detox**

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For more information, contact us at 800-828-0072 or continuininged@southeast.edu

Yoga Classes

Gentle Yoga
Chair, standing or mat positions.

**Keyword: Yoga**

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Yoga & Pilates
All experience levels welcome.

**Keyword: Yoga**

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

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

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.
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**

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 for additional information.

Social Security Number OR SCC Student ID Number | Birth Date | Name: Last | State | Zip | County #
---|---|---|---|---|---

Residence Mailing Address

City

Email Address

Cell Phone

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

COURSE NUMBER | TITLE | START DATE | COST
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TOTAL DUE

Would you like a receipt mailed to you?

- Yes
- No

SCC Staff Tuition Waiver

TOTAL DUE

FOR OFFICE USE ONLY

Signature

Check \ Cash \ Mastercard \ AMEX \ Discover \ VISA \ V Code

Name as it appears on card:

Exp. Date

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.

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 course(s) taken; (2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit this form; (3) that should I not complete the terms of the course(s) for which I paid tuition, CSC has the right to retain my deposit and charge the remaining balance to my account; (4) that if any information submitted in this form is false, incorrect, or incomplete, CSC may cancel my registration and the registration of any other student(s) to whom I have provided this form; (5) that I understand the information contained herein is correct as stated; and (6) any changes in name, address, residence, etc., must follow the College procedures in the Student Handbook and College Catalog. It is the policy of CSC 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 CSC’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; (402) 437-2703; 6880-0072.

SOUTHEAST COMMUNITY COLLEGE

Continuing Education

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