

Mind & Body

Winter 2020

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

Jan. 27	M	7-9 p.m.	\$24
Beatrice, KEN, 334	Weishahn	BBBX-2223-BESA	

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 re-introduce this nutrient-dense food into our diet.

Keyword: Nutrient

Jan. 21	T	6:30-8 p.m.	\$19
Beatrice, KEN, 334	Weichel	BBBX-1251-BESA	

Nutrient Dense Foods: Fats & Oils

Learn why fats are essential to our health. Fats play a critical role in our mental wellbeing and are linked to weight loss. Learn about their importance as well as how to recognize counterfeits.

Keyword: Nutrient

Feb. 4	T	6:30-8 p.m.	\$19
Beatrice, KEN, 334	Weichel	BBBX-1251-BESB	

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 the way 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

Feb. 24	M	6-8:30 p.m.	\$24
Beatrice, KEN, 503	Weichel	BBBX-1000-BESA	

For more information, contact us at
800-828-0072 or
continuing@seu.edu

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

March 2	M	6:30-8:30 p.m.	\$24
Beatrice, KEN, 334	Weichel	BBBX-1001-BESA	

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.

Intro to Essential Oils

Essential oils have been around for years, so let's explore the secrets around these unique oils and learn more about them.

Product sales will not be a part of this class.

Keyword: Oils

Feb. 10	M	6:30-8:30 p.m.	\$29
Beatrice, KEN, 334	Weishahn	BBBX-1232-BESA	

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. Choose a location and class to fit your needs

Gentle Yoga

Chair, standing or mat positions.

Keyword: Yoga

Jan. 27-Feb. 24	M	4:30-5 p.m.	\$19
Beatrice, FLOW	Schroller	BBBX-1538-BESA	
March 9-April 6	M	4:30-5 p.m.	\$19
Beatrice, FLOW	Schroller	BBBX-1538-BESB	
April 20-May 18	M	4:30-5 p.m.	\$19
Beatrice, FLOW	Schroller	BBBX-1538-BESC	

Yoga & Pilates

All experience levels welcome.

Keyword: Yoga

Jan. 27-Feb. 24	M	5:30-6:30 p.m.	\$35
Beatrice, JAC, Conf. Rm	Schroller	BBBX-1537-BESA	
March 9-April 6	M	5:30-6:30 p.m.	\$35
Beatrice, JAC, Conf. Rm	Schroller	BBBX-1537-BESB	
April 20-May 18	M	5:30-6:30 p.m.	\$35
Beatrice, JAC, Conf. Rm	Schroller	BBBX-1537-BESC	

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/scbeatricece



REGISTER ONLINE

You must have an email account to register online.

- Go to <http://bit.ly/RegisterCE>
- 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*
- Select the course** for which you wish to register. Click **Submit**.
- Enter your **personal information, certify your identification** and click **Submit**.
* You must provide your Social Security Number.
- Optional:** Enter your **Additional Registration Information** and click **Submit**.

- 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**.
- 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.

* 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

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 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 ()

TOTAL DUE

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.

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

