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

Keywords: Detox

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

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

Keywords: Food

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

Speechcraft
Develop your public speaking ability and gain experience, knowledge and poise in making presentations. Learn communication skills including written speeches, impromptu speaking, the use of body language, and effective listening.

Co-sponsored and taught by local Toastmasters International.

Keywords: Speechcraft

Jan. 24-Feb. 28
Beatrice, BECH
F 7-8:30 a.m.
BBBX-1985-BESA
$39

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.

Keywords: Freedom

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