

Mind & Body

Winter 2020

NEW! Lotion Potions

Learn about skin, how to keep it healthy, and create your own home-made lotion. Commercially made lotions contain lots of “stuff” that may not be as good for your skin as advertised. Learn how to make lotion at home that is better for you and your skin. You’ll leave with two bottles (8 ounces each) of lotion, recipes, and a whole new outlook on how you treat your skin.

Bring a meticulously clean stick blender. If you don’t have one, there will be some available to borrow or to purchase from the instructor. There is a \$10 supply fee associated with this class payable to the instructor day of class. Cash or check only for supplies.

Keyword: Lotion

Feb. 1	S	9:30 a.m.-11:30 a.m.	\$29
Plattsmouth, PLLC, 102		Hess	AREA-6713-PLSA



NEW! A Guide to Pregnancy, Breastfeeding & Beyond

Comprehensive and in-depth look into pregnancy, birth and infant development taught by a Master’s level International Board Certified Lactation Consultant and a Registered Nurse/IBCLC. Explore topics such as nutrition, baby basics, breastfeeding, and more in an evidence-based environment. Suitable for expecting mothers, new mothers or anyone interested in learning more about pregnancy, breastfeeding and babies.

Each session is independent of the others.

NEW! Pregnancy & Infant Care

Topics include nutrition, body/breast changes in pregnancy, caring for baby 101, and choosing a supportive pediatrician.

Keyword: Pregnancy

Jan. 25	S	1-4 p.m.	\$29
Plattsmouth, PLLC, 103		MacTaggart	AREA-5078-PLSA

NEW! Labor & Breastfeeding

Topics include labor, milk supply, skin-to-skin, alternative birth experiences (c-sections, inductions, etc.), and how to breastfeed.

Keyword: Labor

Feb. 8	S	1-4 p.m.	\$29
Plattsmouth, PLLC, 103		MacTaggart	AREA-5079-PLSA

NEW! Early Infancy & Beyond

Topics include common baby myths, infant sleep, what to do when you need help, postpartum expectations and concerns, bottle feeding, and as your infant grows.

Keyword: Infancy

Feb. 15	S	1-4 p.m.	\$29
Plattsmouth, PLLC, 103		MacTaggart	AREA-5080-PLSA



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

Feb. 29	S	1-4 p.m.	\$35
Louisville, SHSH		Wolcott	AREA-5725-PLSA

Location Key

Louisville, SHSH.... Simply Home Sweet Home Studio, 8980 Raven Drive
(Class location is rural, three miles from Hwy 66)
Plattsmouth, PLLC..... Learning Center at Plattsmouth, 537 Main St.

Check out all classes offered at www.southeast.edu/PlattsmouthLC
Find us on Facebook® at www.facebook.com/SCCLearningCenteratPlattsmouth

For more information, contact **Lyn Belitz** at 800-828-0072, ext. 2298, or lbelitz@southeast.edu

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.



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

March 21	S	1-3 p.m.	\$29
Louisville, SHSH	Wolcott	AREA-6702-PLSA	



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

Yoga

Mats provided.

Keyword: Yoga

Jan. 16-Feb. 13	Th	7-7:55 p.m.	\$29
Plattsmouth, PCC	Brees	AREA-8419-PLSA	
Feb. 27-March 26	Th	7-7:55 p.m.	\$29
Plattsmouth, PCC	Brees	AREA-8419-PLSB	

Location Key

Louisville, SHSH.... Simply Home Sweet Home Studio, 8980 Raven Drive
(Class location is rural, three miles from Hwy 66)
Plattsmouth, PCC Plattsmouth Community Center, 308 S. 18th



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.

Register Online for SCC Continuing Education Classes

You must have an email account to register online.

1. Go to <http://bit.ly/RegisterCE>.
2. **Search for your class** by entering either 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**.
6. 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**.
7. 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.



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

* The College requires a student's Social Security number as a condition for enrollment. A student's Social Security number information constitutes an "educational record" under FERPA.