Meet, Eat & Learn: The Not So Sweet Truth
Got a sweet tooth? Empower yourself to control sugar cravings and habits by learning about all things sugar. Discussion will include effects of sugar on the brain and body, reading nutrition labels, daily recommended amounts, and debunking natural sugars versus refined sugars versus artificial sweeteners myths. Learn tips to tame sugar cravings and change habits.

Provided by Nikki Lightner, LIMHP, LADC, Wellness Specialist at Bryan Health. A light lunch is included!

April 16
Th 11:30 a.m.-12:30 p.m. $20
NE City, NCLC, 101
Lightner
AREA-6010-NCSA

Keyword: Sweet

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. Chose a location and class to fit your needs

Yoga & Pilates
All experience levels welcome.

Flow Yoga
An Intermediate class using energetic movement.
NOTE: No class May 10.

Yoga
Mats provided.

Location Key
NE City, AWC............................Ambassador Wellness Center, 1240 N. 19th
Syracuse, FITP..............................Fitness Plus, 940 12 St.

For more information, contact Cindy Meyer at 800-828-0072, ext. 3636, or cmeyer@southeast.edu

BROWSE COURSES IN
Accounting and Finance
Business
College Readiness
Computer Applications
Design and Composition
Health Care and Medical
Language and Arts
Law and Legal
Personal Development
Teaching and Education Technology
Writing and Publishing

BROWSE CERTIFICATES & COURSES IN
Business
Business Communication
Health
Human Resources
Leadership
LEED Green Workplace Management
New Media Marketing
Personal Development
Social Media for Business
Technology Skills
Training and Education
Training for K12 Teachers

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

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2000 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.
**REGISTER ONLINE**

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**

![Image](image_url)

**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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**Social Security Number OR SCC Student ID Number**

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<tr>
<th>Birth Date</th>
<th>Name: Last</th>
<th>State</th>
<th>Zip</th>
<th>County #</th>
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**Residence Mailing Address**

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<th>City</th>
<th>Cell Phone</th>
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<th>Business Phone</th>
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**Email Address**

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<th>Cell Phone</th>
<th>Home</th>
<th>Business Phone</th>
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**Ethnicity (select one):**

- Hispanic or Latino
- Not Hispanic or Latino

**Race (Select one or more):**

- White
- Asian
- American Indian/Alaska Native
- Black/African-American

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<thead>
<tr>
<th>COURSE NUMBER</th>
<th>TITLE</th>
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<th>COST</th>
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**Additional Registration Information**

**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.

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**SCC Staff Tuition Waiver**

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![Image](image_url)

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