NEW! Melt & Pour Soap Making
Come learn how to make your own custom soaps using a goats milk simple melt-and-pour method. Include essential oils, dried flowers, natural colors and herbs to create four different kinds of soaps to take home.
Supply fee of $10 payable in cash to instructor at class. Product sales will not be a part of this class.

Keyword: Soap
May 23 5 10 a.m.-1 p.m. $39
Louisville, SHSH Wolcott AREA-2221-PLSA

NEW! Old Fashioned Soap Making
Discover how to make healthy handmade soap from scratch. You will learn basic soap making process and the chemistry behind it and how to make soap safely. We will cover everything you need to know about the soap making supplies and ingredients.
Bring safety goggles. There is a $10 fee associated with this course payable to instructor at class. Check or cash only for supplies. Product sales will not be a part of this class.

Keyword: Soap
May 30 5 10 a.m.-1 p.m. $55
Louisville, SHSH Wolcott AREA-6255-PLSA

Keto Diet: Is It For You?
Find out everything about the popular Keto Diet. Meet with a registered dietitian, Maxine Lickteig and get your Keto questions answered!
Topics include how Keto works, nutrition and related content (macro/micronutrients, supplements, etc.), effects on performance, short/long-term effects on health, and how you get the results you want.
Sample menus, meal planning guides, and recipes will be available.

Keyword: Keto
April 16 Th 6:30-7:30 p.m. $19
Plattsmouth, PLLC, 102 Lickteig AREA-6398-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.
Chose a location and class to fit your needs

Keyword: Yoga
April 7-May 5 T 8:30-9:30 a.m. $35
Plattsmouth, SER Brannan AREA-8419-PLSC
April 7-May 5 Th 8:30-9:30 a.m. $35
Plattsmouth, SER Brannan AREA-8419-PLSD
April 9-May 7 Th 7:10-8 p.m. $35
Plattsmouth, PCC Brees AREA-8419-PLSE
May 12-June 9 T 8:30-9:30 a.m. $35
Plattsmouth, SER Brannan AREA-8419-PLSF
May 14-June 11 Th 8:30-9:30 a.m. $35
Plattsmouth, SER Brannan AREA-8419-PLSG
May 21-June 18 Th 7:10-8 p.m. $35
Plattsmouth, PCC Brees AREA-8419-PLSH

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.

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

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<th>Birth Date</th>
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I identify as:  
- Male  
- Female

- Nebraska Resident
- Non-Resident

Ethnicity (select one):
- Hispanic or Latino
- Not Hispanic or Latino

Race (Select one or more):
- White  
- Asian  
- American Indian/Alaska Native  
- Native Hawaiian/Other Pacific Islander

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<th>SIGNATURE</th>
<th>Would you like a receipt mailed to you?</th>
<th>SCC Staff Tuition Waiver</th>
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<td>[ ] Check  [ ] Cash  [ ] Mastercard  [ ] AMEX  [ ] Discover  [ ] VISA  [ ] Code</td>
<td>[ ] Yes  [ ] No</td>
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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.

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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) listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit this form to the Continuing Education Office; 3) that should I choose to attend another course during the semester, I must sign a New Registration Form; 4) that my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information constitutes an “educational record” under FERPA.