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
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
Louisville, SHSH
Wolcott
AREA-2725-PLUA

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
Plattsmouth, PLLC
Lickteig
AREA-4398-PLSA

8:30-9:30 am $10

April 7-May 5
Plattsmouth, SER
Brannan
AREA-8419-PLSC

8:30-9:30 am $35

April 9-May 7
Plattsmouth, PCC
Brees
AREA-8419-PLSE

8:30-9:30 am $35

April 12-June 9
Plattsmouth, SER
Brannan
AREA-8419-PLSF

8:30-9:30 am $35

April 14-June 11
Plattsmouth, SER
Brannan
AREA-8419-PLSG

8:30-9:30 am $35

April 21-June 18
Plattsmouth, PLLC
Brees
AREA-8419-PLSH

7:10-8:30 pm $35

Keyword: Yoga

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
Plattsmouth, SER
Brannan
AREA-8419-PLSC

8:30-9:30 am $35

April 9-May 7
Plattsmouth, PCC
Brees
AREA-8419-PLSE

8:30-9:30 am $35

May 12-June 9
Plattsmouth, SER
Brannan
AREA-8419-PLSF

8:30-9:30 am $35

May 14-June 11
Plattsmouth, SER
Brannan
AREA-8419-PLSG

8:30-9:30 am $35

May 21-June 18
Plattsmouth, PLLC
Brees
AREA-8419-PLSH

7:10-8:30 pm $35

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.
**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**

**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.

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

<table>
<thead>
<tr>
<th>Residence Mailing Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
<th>County #</th>
</tr>
</thead>
</table>

**Email Address**

<table>
<thead>
<tr>
<th>Cell Phone</th>
<th>Home</th>
<th>Business Phone</th>
</tr>
</thead>
</table>

**Ethnicity (select one):**

- Hispanic or Latino
- Not Hispanic or Latino

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

- White
- Black/African-American
- Native Hawaiian/Other Pacific Islander
- American Indian/Alaska Native
- Asian

**Click** to **Submit**, then click **Register now (check out)**

**Course Number Ex:**

<table>
<thead>
<tr>
<th>COURSE NUMBER</th>
<th>TITLE</th>
<th>START DATE</th>
<th>COST</th>
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**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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**Today's Date**

**TOTAL DUE**

**SCC Staff Tuition Waiver**

Would you like a receipt mailed to you? 
- Yes □ No □

**TOTAL DUE**

**FOR OFFICE USE ONLY**

**ID#** __________

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The College requires, 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.

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 this form to the Registrar's Office; 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 to SSN, legal name, address, residence, 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 admissions, 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. Requests 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.

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