Healthy Living Simplified

How would you feel if you could improve your energy level and the ease of performing your day to day activities? Walking upstairs, vacuuming the house, picking toys up, and standing up from sitting down. The daily activities we do without thinking, but make us lose our breathe or have us exhausted by the end of the day. Learn how you can improve your everyday life and the physical challenges life throws at you by incorporating functional fitness and a healthy diet into your daily routine. With so many trendy “diets and workouts” available today it’s hard to know where to start. So we will start with the basics: eating food to serve a purpose and functional fitness to help us improve our daily to day activities that challenges our balance and coordination while simultaneously improving strength and range of motion. It’s about training for life, not an event. Be prepared to get up and get moving.

Essential Oils & Health

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.

Product sales will not be a part of this class.

Keyword: Oils

Location Key

Dorchester, WELL ........................................... The Well, 1002 Washington St. York, YKLC........................................... Learning Center at York, 3130 Holen Ave. (Inside the Holthus Convention Center)

Check out all classes offered at www.southeast.edu/YorkLC

Find us on Facebook at www.facebook.com/SCCLearningCenteratYork

For more information, contact Heather Hultgrien at 800-828-0072, ext. 3634, or hhultgrien@southeast.edu

Submit 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 for additional information.

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

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Keyword: Healthy
Register Online for SCC Continuing Education Classes

You must have an email account to register online.


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.

* 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.