**Energize Your Body, Mind & Spirit**

Join us for an informative and relaxing morning as we explore the interconnections between Body, Mind and Spirit. A mini retreat designed for anyone who is looking for a day to relax or those caring for others.

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### Agenda

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:45 a.m.</td>
<td>Check-in</td>
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<tr>
<td>8:55 a.m.</td>
<td>Welcome</td>
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<tr>
<td>9 a.m.</td>
<td><strong>Supplements, the Good, the Bad and the Ugly</strong></td>
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<td>Ally Dering-Anderson, Pharm.D., RP, UNMC College of Pharmacy</td>
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<td></td>
<td>An overview of the known benefits and possible risks associated with commonly used nutritional supplements including CBD oil.</td>
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<td>9:45 a.m.</td>
<td>Break</td>
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<tr>
<td>10 a.m.</td>
<td><strong>Meditation 101</strong></td>
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<td>Paul (Prem) Nathenson, Advanced Practice Registered Nurse &amp; Naturopath</td>
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<td>Discover different types of meditation and how regular meditation can benefit us physically and mentally.</td>
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<tr>
<td>10:45 a.m.</td>
<td>Break: Qigong Demo</td>
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<tr>
<td>11 a.m.</td>
<td><strong>Creativity and the Aging Brain</strong></td>
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<td>Janelle Beadle, Ph.D, Director of the Aging Brain and Emotion Lab, Department of Gerontology, UNO</td>
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<td></td>
<td>Discussion of brain changes with aging and the impact on creative expression and well-being across adult development.</td>
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<tr>
<td>11:45 a.m.</td>
<td>Closing</td>
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**Registration Form - Non-Credit Course**

### Course Information

- **Course Title**: Energize Your Body, Mind & Spirit
- **Date**: Oct. 9, 2020
- **Location**: CEC, 303
- **Time**: 9 a.m. - Noon
- **Cost**: $19

**COURSE NUMBER**

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</tbody>
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**TODAY'S DATE**

- **Location**: CEC, 303
- **Time**: 9 a.m.
- **Cost**: $19

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**CONTACT INFORMATION**

- **Name**: Last Name, First Name, Middle Initial
- **Email Address**:
- **City**:
- **State**: NE
- **Zip**: 68510
- **County #**:
- **Cell**:
- **Business Phone**:
- **Home Phone**:

**Social Security Number OR SCC Student ID Number**: [ ]

**Ethnicity (select one):**
- [X] Asian
- [ ] Black or African American
- [ ] Native Hawaiian or Other Pacific Islander
- [ ] American Indian or Alaska Native
- [ ] Hispanic or Latino
- [X] Not Hispanic or Latino
- [X] Not Hispanic or Latino

**Race (select one or more):**
- [X] White
- [ ] Asian
- [ ] Black or African American
- [ ] American Indian or Alaska Native
- [ ] Native Hawaiian or Other Pacific Islander
- [ ] Hispanic or Latino
- [X] Not Hispanic or Latino
- [ ] Other (please specify) ____________

**Gender**:
- [X] Male
- [X] Female

**Birth Date** ____________

**Expiration Date** ____________

**Billing agency**: (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)

**Check** [ ]

**Cash** [ ]

**Mastercard** [ ]

**AMEX** [ ]

**Discover** [ ]

**VISA** [ ]

**Code** [ ]

**TOTAL DUE** [ ]

**RETURN FORM TO**: Jack J. Huck Continuing Education Center, Room 303, 301 S. 68th St. Place, Lincoln, NE 68510

**FOR OFFICE USE ONLY**

- **Submit and receive a confirmation number**
- **Access your registration at bit.ly/RegisterCE**
- **Register at www.southeast.edu/collegecatalog**

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**Cancellation/Refund Policy**: You must call the Continuing Education office at 402-437-2700 or 800-838-0072 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 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.

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**Course Description**

- **Creativity and the Aging Brain**
  - **Janelle Beadle, Ph.D**, Director of the Aging Brain and Emotion Lab, Department of Gerontology, UNO
  - Discussion of brain changes with aging and the impact on creative expression and well-being across adult development.

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**Registration Form - Non-Credit Course**

**Online Registration Keyword**: Energize
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.

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*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.*