Meet, Eat & Learn: 
Importance of Being Mindful of Your Emotions

The best way to become more accepting of your feelings, moods, images or thoughts is to practice mindfulness. Mindfulness improves well-being and contributes to a more satisfied life. Being mindful makes life more pleasurable and creates a greater capacity to deal with unfortunate events.

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

Keyword: Emotions
Aug. 27
Th 11:30 a.m.-12:30 p.m.
$15
NE City, NCLC, 101
Lightner
AREA-6672-NCF

NEW! Cardio Circuit

Combine continuous cardio with full-body strength training. This workout will burn serious calories and tone you up!

Wear comfortable clothing, suitable for working out.

Keyword: Cardio
Sept. 2-23
M, W, F 8:30-9:30 a.m.
$59
NE City, AWC, Group X
DeBuhr
AREA-8726-NCF

Morning Mix-Up

Need a kick to wake up in the morning? This is a total-body workout consisting of strength stations, HIIT, cycling, yoga, suspension training and more.

Dress in appropriate attire: loose, comfortable clothing and comfortable shoes.

Keyword: Mix-Up
Sept. 2-23
M, W, F 5:30-6:30 a.m.
$59
NE City, AWC, Group X
Barr
AREA-8722-NCF

A Tool Box for Meditation

Would you like to be able to access more inner peace and maintain calm equilibrium through challenging or stressful times? Join us to discover the foundational techniques of meditation. Meditation is an easy skill to learn and holds the potential for lifelong benefits.

Participants can sit on chairs or mats on the floor.

Keyword: Meditation
Aug. 22 & 29
S 10:30-11:30 a.m.
$19
LIVE Online, Zoom
Blackwell
AREA-6685-TCU

Old Fashioned Soap Making

Discover how to make healthy handmade soap from scratch. You will learn basic soap-making 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.

Supply list sent approximately one week prior to class.

Product sales will not be a part of this class.

Keyword: Soap
July 11
S 1-4 p.m.
$55
LIVE Online, Zoom
Wolcott
AREA-5725-TCU

Location Key
NE City, AWC................Ambassador Wellness Center, 1240 N. 19th
NE City, NCLC.............Learning Center at Nebraska City, 819 Central Ave.

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

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

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2700 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**

**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**

**Birth Date**

**Name: Last First Middle Initial**

**Residence Mailing Address**

**City**

**State**

**Zip**

**County #**

**Email Address**

**Cell Phone**

**Home Business Phone**

**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
- [ ] Native Hawaiian/Other Pacific Islander
- [ ] Black/African-American
- [ ] American Indian/Alaska Native

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**COURSE NUMBER**

**TITLE**

**START DATE**

**COST**

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**TOTAL DUE**

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**Signature**

- [ ] Check
- [ ] Cash
- [ ] Mastercard
- [ ] AMEX
- [ ] Discover
- [ ] VISA

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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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; 3) that I understand this agreement constitutes an “educational record” under FERPA, and if not filled out as instructed, the form may be returned; 4) that I certify the information contained herein is correct as stated; and 5) any changes in SSN, legal name, address, residency, 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 admission, 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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**Today's Date** __/____/____

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**Scc Staff Tuition Waiver**

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**For Office Use Only**

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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