NEW! How to Spot Fake News
Learn ways to fact check the news. Drawing a distinction between fake and real news shouldn’t be so hard for the consumer. This class will provide tips for sorting out the truthful from the troublesome.

NOTE: Class is live-streamed from Plattsmouth.

Keyword: News

September 3
NE City, NCLC, 101
Th
Getzmann
10 a.m.-4 p.m.
AREA-0230-NCFA
$59

NEW! Activate Your Marketing Plan
Become a business owner with full confidence in your marketing plan and a cohesive approach that effectively communicates your message(s) to the target audience. We’ll cover branding, an assessment of your current tactics, target market segmentation, traditional and digital brand touchpoints, social media and so much more. You’ll have a customized road map that will ACTIVATE your business, goals and marketing campaign.

This workshop is presented in partnership with REAP, which is funded in part through a cooperative agreement with the U.S. Small Business Administration (SBA). All REAP and SBA programs and services are open to the public on a nondiscriminatory basis. Reasonable accommodations for persons with disabilities and/or persons with limited English proficiency (LEP) will be made if requested in advance. A light lunch will be provided.

Keyword: Internet

September 29
NE City, NCLC, 101
T
Alarcon-Craven
5:30-8 p.m.
AREA-0160-NCFA
$29

NEW! Getting Ready to Start My Business
Whether you have a small business or want to start one, this workshop will give tools for success. Topics covered include: business plan development, marketing, legal structures, product pricing, funding, financial management, HR management, and taxes.

This workshop is presented in partnership with REAP, which is funded in part through a cooperative agreement with the U.S. Small Business Administration. All REAP and SBA programs and services are open to the public on a nondiscriminatory basis. Reasonable accommodations for persons with disabilities and/or persons with limited English proficiency (LEP) will be made if requested in advance.

Keyword: Business

September 2
NE City, NCLC, 102
W
Tilson
6:30-8 p.m.
AREA-06678-NCFB
$10

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

August 27
NE City, NCLC, 101
Th
Lightner
11:30 a.m.-12:30 p.m.
AREA-6672-NCFB
$15
The Power You Have, The Power You Give

If you have power of attorney for someone, or if you have given someone your power of attorney, do you fully understand what that means? Join us as we discuss the advantages/disadvantages of a financial power of attorney, health care power of attorney, living wills, advanced medical directives, guardianship, and conservatorship. This is important information to understand regardless of your age or life situation.  

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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.

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Welcome to Medicare

The Nebraska Senior Health Insurance Information Program, a division of the Nebraska Department of Insurance, is pleased to host “Welcome to Medicare” classes. As you or a family member approach Medicare eligibility, the tasks of understanding the program can be daunting. “Welcome to Medicare” will explain the basics of the Medicare system and is being offered in person or by webinar (watch from your computer). Anyone new to Medicare or if a family member/caregiver of an individual approaching Medicare eligibility is invited to attend.

Nebraska SHIIP will cover the cost. To register, please visit www.doi.ne.gov/ship. For questions, please call 402-471-2841.

- Webinar presentations are available on:
  - July 7 T
  - Aug. 5 W
  - Sept. 10 Th

DNA Tells a Story

Whether you’ve taken a DNA test or are considering one, DNA can help you with your genealogy when the paper trail ends. Learn more about how genetic genealogy can enhance traditional research methods, solve family mysteries and take you on the next steps in your genealogical journey. When a lack of records or uncertainty about ancestral lineage has you stumped, DNA always tells the truth. DNA testing is the tool that belongs in every situation.

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**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.

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<tr>
<th>Social Security Number OR SCC Student ID Number</th>
<th>Birth Date</th>
<th>Name: Last</th>
<th>State</th>
<th>Zip</th>
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<td>Cell Phone</td>
<td>Home</td>
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<td>I identify as:</td>
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<td>Male</td>
<td>Female</td>
<td>Nebraska Resident</td>
<td>Non-Resident</td>
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<td>Not Hispanic or Latino</td>
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<td>Race (Select one or more):</td>
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<td>White</td>
<td>Asian</td>
<td>Native Hawaiian/Other Pacific Islander</td>
<td>Black/African-American</td>
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**Signature**

☐ Check ☐ Cash ☐ Mastercard ☐ AMEX ☐ Discover ☐ VISA ☐ V Code __________

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