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.

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. Choose a location and class to fit your needs.

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.

Yoga Mats provided.

Keyword: Yoga
Keywords: Soap
Keyword: Meditation

Check out all classes offered at www.southeast.edu/PlattsmouthLC
Find us on Facebook™ at www.facebook.com/SCCLearningCenteratPlattsmouth

For more information, contact Lyn Belitz at 800-828-0072, ext. 2298, or lbelitz@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 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.

<table>
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<td>City</td>
<td>Cell Phone</td>
<td>Home</td>
<td>Business Phone</td>
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I identify as:  
- Male  
- Female  
- Nebraska Resident  
- Non-Resident  
- Hispanic or Latino  
- Not Hispanic or Latino  
- Race (Select one or more):  
  - White  
  - Black/African-American  
  - American Indian/Alaska Native  
  - Native Hawaiian/Other Pacific Islander  

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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.

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 course(s) 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 SCC; 3) by entering my SCC Student ID Number, SCC will have access to the personal information contained herein in a secure manner; and, 3) SCC reserves the right to refuse to accept any enrollment applications that it deems incomplete, inaccurate, or contains incomplete or inaccurate information.

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