Mind & Body
Winter 2021

**Conflict Shocks & Your Health**
What if the conflict shocks we experience in life are contributing to symptoms we experience? What if our symptoms are actually signs of our body’s natural healing process? We will discuss how conflict shocks, encountered by our psyche, and initiate programs in the body to support us through the conflict and healing process. Learn a new way of looking at symptoms and gain a new level of understanding.

**Intro to Energy Testing**
Discover how to communicate with the body’s energies in ITS Language Energy Testing. Learn the background of Applied Kinesiology and concepts that form the foundation for this useful skill set and how to apply it to make choices for foods, vitamins and other substances. Leave with the skills to utilize this in your daily life to make choices directed by the wisdom of your body’s subtle energies.

**Energy Medicine for Immune Health**
The health of our energy body and the health of our physical body is intricately connected. Keeping your energy body systems strong and resilient is the basis for a healthy body and robust immune system. You will discover techniques from ancient world healing traditions including Chinese Medicine, the Energy Meridian System and more. Learn energy self-care techniques to use preventatively and when symptoms let you know the body requires your attention.

**Fit for Senior Living**
Exercise is an essential part of life. Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key in this 12-week session. Best price for your workout! Bring a towel and your tennis shoes.

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**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.

Weary comfortable clothing. Bring a thick towel or yoga mat to class. Chose a location and class to fit your needs.

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For more information, contact Lyn Belitz at 800-828-0072, ext. 2298, or lbelitz@southeast.edu
Strength Training FUNdamentals: Strengthen & Tone
No matter your age or athletic ability, strength training is the key to flexibility and mobility. Anyone at any fitness level can strength train and it doesn’t have to take hours in a gym. Join us for the FUNdamentals of strength training and discover the most effective strength training moves suitable for home- or gym-based workouts.

Jan. 23
LIVE Online, Zoom
S Stutzman
9-10 a.m.
LLXX-2260-TCSA
$29

Strength Training FUNdamentals: Tone & Eat Right
Help boost your strength training moves with nutrition principles that help affect your metabolism and weight loss. Don’t have any strength training moves? We do! See how some new moves and knowledge of what you eat is key to strength training benefits.

Feb. 6
LIVE Online, Zoom
S Stutzman
9-10 a.m.
LLXX-2261-TCSA
$29

NEW! Let’s Do Lunch: Exploring Apps (Health & Wellness)
Focus on exploring applications on your smartphone/tablet focusing on getting healthy and promoting wellness.

Falls City Chamber Members: Email Amber, Falls City Chamber Director, at DirectorCCMS@sentco.net and take this class at a reduced cost.

Jan. 13
LIVE Online, Zoom
W Noon-1 p.m.
AREA-6645-TCSA
$10

NEW! Personal & Professional Refocus
With many stressors competing for our time, life can seem overwhelming. In the buzz of work, family, physical distancing, protecting our health, and caring for others, we can lose our center. Mindfulness is not just meditation or yoga, it is a way of being in the world. In this workshop, learn about and practice modern-day mindfulness by exploring a grounding technique, best practices and everyday applications. Come away with a clearer directive for the days that lie ahead.

Jan. 26-Feb. 9
LIVE Online, Zoom
Registration Deadline: Jan. 22
T Post
BSAD-3033-TCSA
10-11:30 a.m.
$99

March 25-April 8
LIVE Online, Zoom
Registration Deadline: March 23
Th Post
BSAD-3033-TCSB
10-11:30 a.m.
$99

Old Fashioned Soap Making
Discover how to make healthy handmade soap from scratch. You will learn the basic soap-making process 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.

Bring safety goggles. There is a $10 fee associated with this course payable in class. Check or cash only for supplies. Product sales will not be a part of this class.

Feb. 27
Louisville, SHSH
W Wolcott
10 a.m.-1 p.m.
AREA-5725-PLSA
$55

For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered live via Zoom. They are not prerecorded videos. This allows you, the student, to participate from the comfort of your home. Look for the LIVE Online logo shown to the left to find these classes. As our learning environment changes, we look forward to offering additional classes live online.

Have an idea for a class that could be offered live online? Please submit your idea at https://bit.ly/sccceonlinecourses.

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

www.ed2go.com/scne

www.facebook.com/SCCLearningCenteratPlattsmouth

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

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

CANCELATION/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**

<table>
<thead>
<tr>
<th>Birth Date</th>
<th>Name: Last</th>
<th>First</th>
<th>Middle Initial</th>
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**Residence Mailing Address**

<table>
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<tr>
<th>City</th>
<th>State</th>
<th>Zip</th>
<th>County #</th>
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**Email Address**

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<thead>
<tr>
<th>Cell Phone</th>
<th>q home</th>
<th>q Business Phone</th>
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**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
- [ ] Latino
- [ ] Latino
- [ ] Hispanic or
- [ ] White
- [ ] Asian
- [ ] Native Hawaiian/Other Pacific Islander
- [ ] Black/African-American
- [ ] American Indian/Alaska Native
- [ ] Latino
- [ ] Latino
- [ ] Hispanic or
- [ ] White
- [ ] Asian
- [ ] Native Hawaiian/Other Pacific Islander
- [ ] Black/African-American
- [ ] American Indian/Alaska Native

**COURSE NUMBER**

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<thead>
<tr>
<th>TITLE</th>
<th>START DATE</th>
<th>COST</th>
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**TOTAL DUE**

<table>
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<tr>
<th>Would you like a receipt mailed to you?</th>
<th>SCC Staff Tuition Waiver</th>
<th>TOTAL DUE</th>
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<tbody>
<tr>
<td>[ ] Yes</td>
<td>[ ] No</td>
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**FOR OFFICE USE ONLY**

<table>
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<th>ID#</th>
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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 the withdrawal or the end of the tuition payment period; 3) that I certify the information contained herein is correct as stated, and if any changes to S.A.S., 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 admissions, 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.

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402-437-2700 • 800-828-0072 • FAX 402-437-2703
[www.southeast.edu/continuing](http://www.southeast.edu/continuing)