Emotional Freedom for Weight Loss
EFT is a form of psychological acupressure but without the invasiveness of needles. Learn how to use Emotional Freedom Technique to assist in losing weight, reducing food cravings and eating healthy. EFT is easy to learn and can help you.

**Keyword: Freedom**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Location</th>
<th>Time</th>
<th>Instructor</th>
<th>Keyword</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb. 1</td>
<td>M</td>
<td>Beatrice, AEC</td>
<td>7-9 p.m.</td>
<td>Weishahn</td>
<td>BBBX-2223-BESA</td>
</tr>
</tbody>
</table>

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.

**Keyword: Health**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Location</th>
<th>Time</th>
<th>Instructor</th>
<th>Keyword</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 25</td>
<td>M</td>
<td>LIVE Online</td>
<td>6:30-8 p.m.</td>
<td>Weichel</td>
<td>BBBX-1249-TCSA</td>
</tr>
</tbody>
</table>

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.

**Keyword: Energy**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Location</th>
<th>Time</th>
<th>Instructor</th>
<th>Keyword</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 11</td>
<td>M</td>
<td>LIVE Online</td>
<td>7-9 p.m.</td>
<td>Weishahn</td>
<td>BBBX-1261-TCSA</td>
</tr>
</tbody>
</table>

Location Key
Beatrice, AEC ................. Southeast Community College, Beatrice Campus
Academic Excellence Center, 4771 W. Scott Road
Beatrice, FLOW......................... Flowing Springs, 2211 Sunset Drive

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 us at 800-828-0072 or continuinged@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 canceled 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.

Yoga Classes

**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. Chose a location and class to fit your needs.

**Gentle Yoga**
Chair, standing or mat positions.

**Keyword: Yoga**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Location</th>
<th>Time</th>
<th>Instructor</th>
<th>Keyword</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 25-Feb. 22</td>
<td>M</td>
<td>LIVE Online</td>
<td>Zoom</td>
<td>Schroller</td>
<td>BBBX-1537-TCSA</td>
</tr>
<tr>
<td>March 8-April 5</td>
<td>M</td>
<td>LIVE Online</td>
<td>Zoom</td>
<td>Schroller</td>
<td>BBBX-1538-TCSA</td>
</tr>
<tr>
<td>April 19-May 17</td>
<td>M</td>
<td>Beatitude, FLOW</td>
<td>4:30-5 p.m.</td>
<td>Schroller</td>
<td>BBBX-1538-BESA</td>
</tr>
</tbody>
</table>

**Yoga & Pilates**
All experience levels welcome.

**Keyword: Yoga**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Location</th>
<th>Time</th>
<th>Instructor</th>
<th>Keyword</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 25-Feb. 22</td>
<td>M</td>
<td>LIVE Online</td>
<td>Zoom</td>
<td>Schroller</td>
<td>BBBX-1537-TCSA</td>
</tr>
<tr>
<td>March 8-April 5</td>
<td>M</td>
<td>LIVE Online</td>
<td>Zoom</td>
<td>Schroller</td>
<td>BBBX-1537-TCSA</td>
</tr>
<tr>
<td>April 19-May 17</td>
<td>M</td>
<td>Beatitude, FLOW</td>
<td>5:30-6:30 p.m.</td>
<td>Schroller</td>
<td>BBBX-1537-BESA</td>
</tr>
</tbody>
</table>

**Fundamentals of Yoga**
Basic posture and breathing.

**Keyword: Yoga**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Location</th>
<th>Time</th>
<th>Instructor</th>
<th>Keyword</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 19-March 9</td>
<td>T</td>
<td>LIVE Online</td>
<td>Zoom</td>
<td>Whittle</td>
<td>LLIX-1701-TCSA</td>
</tr>
</tbody>
</table>

**Anywhere Yoga Using a Chair**
Discover how to stay active, healthy and alert—using just a chair! If you are a desk sitter most of the day, or have arthritis/conditions that hinder you from everyday movement? This is the class for you! You will learn different stretches and strengthening poses—all from a chair. Staying active, healthy and alert will be the goal of this class. Join us via Zoom from anywhere!

**Keyword: Yoga**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Location</th>
<th>Time</th>
<th>Instructor</th>
<th>Keyword</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 21-March 11</td>
<td>Th</td>
<td>LIVE Online</td>
<td>Zoom</td>
<td>Whittle</td>
<td>LLIX-1695-TCSA</td>
</tr>
</tbody>
</table>
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.

Keyword: Energy
Jan. 13-27
W 6:30-7:30 p.m.
LIVE Online, Zoom
Williams LLLX-2249-TCSA
$59

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.

Keyword: Strength
Jan. 23
S 9-10 a.m.
LIVE Online, Zoom
Stutzman LLLX-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.

Keyword: Strength
Feb. 6
S 9-10 a.m.
LIVE Online, Zoom
Stutzman LLLX-2261-TCSA
$29

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.

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

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.

Keyword: Exploring
Jan. 13
W Noon-1 p.m.
LIVE Online, Zoom
Post
AREA-6665-TCSA
$10

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

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

www.ed2go.com/sccne

www.southeast.edu

For more information, contact us at 800-828-0072 or
continuinged@southeast.edu

Browse Certificates & Courses in

Accounting and Finance
Business
College Readiness
Computer Applications
Design and Composition
Health Care and Medical
Language and Arts
Law and Legal
Personal Development
Teaching and Education
Technology
Writing and Publishing

Business
Business Communication
Health
Human Resources
Leadership
LEED Green Workplace
Management

New Media Marketing
Personal Development
Social Media for Business
Technology Skills
Training and Education
Training for K12 Teachers
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.

---

### 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>
<thead>
<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>
<th>County #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residence Mailing Address</td>
<td>City</td>
<td>Cell Phone</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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  
- American Indian/Alaska Native  
- Black/African-American

<table>
<thead>
<tr>
<th>COURSE NUMBER</th>
<th>TITLE</th>
<th>START DATE</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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 mail this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

---

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 course(s) 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.

---

Today’s Date __________/________/____

---

**TOTAL DUE**

Would you like a receipt mailed to you?  
- Yes  
- No

SCC Staff Tuition Waiver ()

FOR OFFICE USE ONLY

ID#: __________________________

DE ___________________________

---

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)