

## Mind & Body

Winter 2021

### 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**

Feb. 1	M	7-9 p.m.	\$24
Beatrice, AEC, 215	Weishahn	BBBX-2223-BESA	

### 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**

Jan. 25	M	6:30-8 p.m.	\$24
LIVE Online, Zoom	Weichel	BBBX-1249-TCSA	

### 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**

Jan. 11	M	7-9 p.m.	\$29
LIVE Online, Zoom	Weishahn	BBBX-1261-TCSA	

#### 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/scceonlinecourses>.

For more information, contact us at  
800-828-0072 or [continuinged@southeast.edu](mailto:continuinged@southeast.edu)



### 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**

Jan. 25-Feb. 22	M	4:30-5 p.m.	\$19
LIVE Online, Zoom	Schroller	BBBX-1538-TCSA	
March 8-April 5	M	4:30-5 p.m.	\$19
LIVE Online, Zoom	Schroller	BBBX-1538-TCSB	
April 19-May 17	M	4:30-5 p.m.	\$19
Beatrice, FLOW	Schroller	BBBX-1538-BESA	



#### Yoga & Pilates

All experience levels welcome.

**Keyword: Yoga**

Jan. 25-Feb. 22	M	5:30-6:30 p.m.	\$35
LIVE Online, Zoom	Schroller	BBBX-1537-TCSA	
March 8-April 5	M	5:30-6:30 p.m.	\$35
LIVE Online, Zoom	Schroller	BBBX-1537-TCSB	
April 19-May 17	M	5:30-6:30 p.m.	\$35
Beatrice, JAC, Conf. Rm	Schroller	BBBX-1537-BESA	



#### Fundamentals of Yoga

Basic posture and breathing.

**Keyword: Yoga**

Jan. 19-March 9	T	7-8 p.m.	\$69
LIVE Online, Zoom	Whittle	LLX-1701-TCSA	



#### 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**

Jan. 21-March 11	Th	7-8 p.m.	\$69
LIVE Online, Zoom	Whittle	LLX-1695-TCSA	



## 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.



Jan. 13-27      W      6:30-7:30 p.m.      **Keyword: Energy**  
 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.



Jan. 23      S      9-10 a.m.      **Keyword: Strength**  
 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.



Feb. 6      S      9-10 a.m.      **Keyword: Strength**  
 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.



Jan. 26-Feb. 9      T      10-11:30 a.m.      **Keyword: Refocus**  
 LIVE Online, Zoom      Post      \$99  
 Registration Deadline: Jan. 22      BSAD-3033-TCSA  
 March 25-April 8      Th      10-11:30 a.m.      \$99  
 LIVE Online, Zoom      Post  
 Registration Deadline: March 23      BSAD-3033-TCSB

## 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      W      Noon-1 p.m.      **Keyword: Exploring**  
 LIVE Online, Zoom      AREA-6665-TCSA      \$10



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For more information, contact us at 800-828-0072 or [continuing@southeast.edu](mailto:continuing@southeast.edu)

Check out all classes offered at [www.southeast.edu/BeatriceCE](http://www.southeast.edu/BeatriceCE)  
 Find us on Facebook® at [www.facebook.com/sccbeatricece](http://www.facebook.com/sccbeatricece)



[www.ed2go.com/scce](http://www.ed2go.com/scce)

### BROWSE 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**



<http://bit.ly/SCC-UGotClass>

### BROWSE CERTIFICATES & COURSES IN

**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**



# REGISTER ONLINE

You must have an email account to register online.

- Go to <http://bit.ly/RegisterCE>
- 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*
- Select the course** for which you wish to register. Click **Submit**.
- Enter your **personal information, certify your identification** and click **Submit**.  
\* You must provide your Social Security Number.
- Optional:** Enter your **Additional Registration Information** and click **Submit**.

- 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**.
- 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.

\* 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

Today's Date

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

PLEASE PRINT

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	<input type="checkbox"/> Home <input type="checkbox"/> Business Phone		
I identify as: <input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> Nebraska Resident <input type="checkbox"/> Non-Resident	Ethnicity (select one): <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino		Race (Select one or more): <input type="checkbox"/> White <input type="checkbox"/> Asian <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> American Indian/Alaska Native <input type="checkbox"/> Black/African-American		

COURSE NUMBER	TITLE	START DATE	COST
-	-	-	\$
-	-	-	\$
-	-	-	\$
-	-	-	\$

#### 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.

Would you like a receipt mailed to you?  
 Yes  No

SCC Staff Tuition Waiver	( )
<b>TOTAL DUE</b>	

<b>FOR OFFICE USE ONLY</b>
ID# _____
DE _____

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 my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; 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. Inquiries 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](mailto:jsoto@southeast.edu).

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[www.southeast.edu/continuing](http://www.southeast.edu/continuing)

