### Meet & Eat: Sleep Deprivation, Insomnia & the Solution
Find out why 70 million Americans have sleeping problems and what you can do to help them. No one wants sleeping pills or their side effects. Start understanding the circadian rhythm and how it can affect your heart, as your chances of a stroke quadruples with insomnia. Also, learn what environmental and behavioral solutions you can do to help your insomnia.

Lunch included.

**Keyword: Eat**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Room/Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 20</td>
<td>T</td>
<td>Noon-1 p.m.</td>
<td>Southwick</td>
<td>BBBX-2238-BESA</td>
</tr>
</tbody>
</table>

### NEW! How to Tame Your (Unruly) Dragon: Learning to Use Coping Skills to Manage & Regulate Your Emotions
Some days we all feel like a dragon. Yes, a genuine fire-breathing, killing machine. But that's okay so long as you know how to put yourself back on a leash. The different types of coping skills will be explored along with their triggers. Different management strategies, techniques and tools will be presented and discussed.

**Keyword: Learning**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
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<th>Location</th>
<th>Room/Code</th>
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<tbody>
<tr>
<td>May 6</td>
<td>Th</td>
<td>6-8 p.m.</td>
<td>Doma</td>
<td>AREA-6680-TCSA</td>
</tr>
</tbody>
</table>

### 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.

**Keyword: Yoga**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Room/Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 19-May 17</td>
<td>M</td>
<td>4:30-5 p.m.</td>
<td>Scholler</td>
<td>BBBX-1538-BESA</td>
</tr>
<tr>
<td>April 19-May 17</td>
<td>M</td>
<td>5:30-6:30 p.m.</td>
<td>Scholler</td>
<td>BBBX-1537-BESA</td>
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</tbody>
</table>

### 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.

- You can sit on chairs or mats on the floor.

**Keyword: Meditation**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Room/Code</th>
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</thead>
<tbody>
<tr>
<td>April 17-24</td>
<td>S</td>
<td>9-10 a.m.</td>
<td>Blackwell</td>
<td>AREA-6685-TCSA</td>
</tr>
</tbody>
</table>

### Yoga Classes (cont.)

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

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

### Location Key

- **Beatrice, AEC**
- Southeast Community College, Beatrice Campus, Academic Excellence Center, 4771 W. Scott Road
- **Beatrice, FLOW**
- Flowing Springs, 2211 Sunset Drive
- **Beatrice, JAC**
- Southeast Community College, Beatrice Campus, Jackson Hall, 4771 W. Scott Road

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

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**Check out all classes offered at [www.southeast.edu/BeatriceCE](http://www.southeast.edu/BeatriceCE)**

Find us on Facebook at [www.facebook.com/sscbatricece](http://www.facebook.com/sscbatricece)
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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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 for additional information.

Social Security Number OR SCC Student ID Number Birth Date Name: Last First Middle Initial

Residence Mailing Address City State Zip

Email Address Cell Phone

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 American Indian/Alaska Native Native Hawaiian/Other Pacific Islander Black/African-American

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COURSE NUMBER TITLE START DATE COST

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Today’s Date 

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Would you like a receipt mailed to you? [ ] Yes [ ] No

SCC Staff Tuition Waiver [ ]

TOTAL DUE $ $ $ $ $ $ $

---

Signature

[ ] Check [ ] Cash [ ] Mastercard [ ] American Express [ ] 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 withdrawal notification, (3) that I have read and understand the University’s academic calendar and the refund policy which can be found at http://www.southeast.edu/senate/academiccalendar.html, (4) that I agree to a fee comparison summary when enrolling on the Internet, (5) that the personal information I have provided is true and complete, and (6) that my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information constituting an “educational record” under FERPA.

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