Let’s Do Lunch: Exploring Apps (Health & Wellness)

Focus on exploring applications on your smartphone/tablet focusing on getting healthy and promoting wellness.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 21</td>
<td>W</td>
<td>Noon-1 p.m.</td>
<td>Hebron, HNLC, 101</td>
<td>$10</td>
</tr>
</tbody>
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NEW! How About a New Way to Learn Mindfulness?
Try Meditative Mandalas

Mandalas are an object of meditation to aid in one's spiritual development. You will learn the basic geometric doodles of these circular designs while practicing mindfulness skills, breathing exercises and expressions of gratitude.

A fine-tip marker pen and a few sheets of paper are all you need to take part in this class.

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<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Sept. 7-21</td>
<td>T</td>
<td>6-7 p.m.</td>
<td>Roseberry</td>
<td>$29</td>
</tr>
</tbody>
</table>

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 OK 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. Management strategies, techniques and tools will be presented and discussed.

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<th>Date</th>
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<tbody>
<tr>
<td>Sept. 16</td>
<td>Th</td>
<td>6-8 p.m.</td>
<td>Toma AREA-6680-TCFWA</td>
<td>$19</td>
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</tbody>
</table>

Location Key

Hebron, HNLC...............Learning Center at Hebron, 610 Jefferon Ave.
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.*

---

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 | State | Zip | County #
-- | -- | -- | -- | -- | --
Residence Mailing Address | City | County # | Email Address | Cell Phone | Home | Business Phone
I identify as: | X (Gender variant/Non-binary) | | Nebraska Resident | | | | Ethnicity (select one): | | | | | | Race (Select one or more): | | | | | | Select your **Payment Type** and click Submit.

Would you like a receipt mailed to you? Yes No
**TOTAL DUE**

For Office Use Only

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