

Mind & Body

Winter 2022



NEW! Self-Defense Techniques

Self-defense training will teach you to recognize and avoid dangerous situations and how to defend yourself in the event that you are attacked. Class include physical techniques as well as psychological preparation.

Keyword: Defense

Jan. 16	U	11 a.m.-2 p.m.	\$59
NE City, AWC, Group X	Jensen	AREA-8507-NCSA	

Meditative Mandalas

Discover the geometric doodles of the circular mandala designs as you practice mindfulness skills, breathing exercises and expressions of gratitude.

Bring to class a fine-tip marker and paper.

Keyword: Mandalas

March 8-15	T	6-7:30 p.m.	\$29
LIVE Online, Zoom	Roseberry	AREA-6744-TCSWA	

NEW! Walk for a Healthier You

Ready to reap the benefits of walking right in your very own home? Walking can increase energy levels; strengthen bones and muscles; improve mood, memory and sleep; and reduce stress. Work-outs will include warm-ups and cool-downs.

Dress in loose, comfortable clothing and appropriate shoes.

Keyword: Walk

Jan. 25-Feb. 22	T	5:30-6:15 p.m.	\$25
LIVE Online, Zoom	Waters	AREA-8492-TCSWA	

Location Key

NE City, NCLC..... Learning Center at Nebraska City, 1406 Central Ave.

For more information, contact **Cindy Meyer** at 800-828-0072, ext. 3636, or cmeyer@southeast.edu

Energize Your Mind, Body & Spirit

Join us in person or via Zoom for an informative and relaxing morning as we explore the interconnections between Body, Mind and Spirit. A mini retreat designed for anyone who is looking for a day to relax. Sessions include:

- *Supplements, the Good, the Bad and the Ugly* with Ally Dering-Anderson, Pharm.D., RP
- *Meditation 101* with Sheila Palmquist
- *Qigong Demonstration* with Tracie Foreman
- *Finding Meaning and Purpose in the Second Half of Life* with Julie L. Masters, PhD, and Terry Haney

Keyword: Mind

March 11	F	9 a.m.-Noon	\$19
LIVE Online, Zoom		LLLX-0682-TCSCA	

Herbal Support in Trying Times

An engaging exploration of several herbs and their application to support our mental health. We will be discussing complimentary remedies and practices that can provide additional support for the many ways we cope with life's stresses.

Recipes and information will be shared to support you in expanding your home apothecary.

Keyword: Herbal

Jan. 10	M	5:30-7:30 p.m.	\$29
LIVE Online, Zoom	Svoboda	LLLX-1673-TCSCA	

NEW! Full-Body Yoga/Stretching Class

Feel good! Melt sore, stiff muscles, breathe better, and improve your flexibility in 20 minutes with this full-body yoga and stretching class. You'll move through a gentle warm up then deeply stretch your muscles and joints, then move through a cool down. This total-body deep stretch can be used as morning yoga, after work yoga and post work-out or anytime!

Keyword: Yoga

Jan. 5-Feb. 23	W	6:30-7:30 p.m.	\$69
LIVE Online, Zoom	Uldrich	AREA-8653-TCSYA	



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>.

Want to take a class that is listed as "LIVE Online, Zoom" but don't have a way to view the class or are having connection issues? Contact your Learning Center to see if other options are available.

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



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**. **Print** this page 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 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"/> X (Gender variant/Non-binary)		<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 ()

TOTAL DUE

FOR OFFICE USE ONLY

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.