

Mind & Body

Spring 2022

NEW! Beginning Astrology

Discover how to use astrology to understand yourself and others. Join us for this fun and interactive class as we unravel the mysteries of the planets, zodiac signs, astrological houses and more.

Keyword: Astrology

April 12-May 3	T	6:30-8 p.m.	\$69
Lincoln, CEC, 406	Moorehead	LLLX-2018-CESA	

Mindfulness Meditation

Mindfulness meditation has become mainstream in our culture and is proven to reduce anxiety and insomnia as well as increase peace, contentment and improve our quality of life. It is a set of learned skills available to anyone, regardless of age. We will sit on chairs to practice meditation.

This is a non-religious practice requiring no particular set of beliefs. All are welcome.

Keyword: Meditation

April 7-May 12	Th	7-8 p.m.	\$59
Lincoln, ELCC, C	Miller	LLLX-2023-OCSA	

Massage Basics

This hands-on class teaches you specific massage techniques for back, arms/hands and scalp using your fingers to elbows. You'll also learn about the professional massage modalities available to you.

Keyword: Massage

Individuals

April 11	M	6-9 p.m.	\$29/person
Lincoln, CEC, 302	Rawson	LLLX-0575-CESA	

Couples

Please fill out a registration form for each person.

April 11	M	6-9 p.m.	\$49/couple
Lincoln, CEC, 302	Rawson	LLLX-0575-CESB	

Your Intuitive Self

We all recognize intuitive moments, whether they come in dreams, flashes of insight or messages from others. This class will explore ways to reliably call upon this gift for ourselves. We will explore what intuition is, where it comes from and how to strengthen it to enhance our daily lives.

Keyword: Intuitive

April 13-27	W	6-7:30 p.m.	\$69
Lincoln, CEC, 404	Monroe	LLLX-0445-CESA	

Location Key

Lincoln, CECJack J. Huck Continuing Education Center,
301 S. 68th St. Place
Lincoln, ELCCEast Lincoln Christian Church, 7001 Edenton Road
(Enter the northeast door.)

For more information, contact us at 800-828-0072 or
continuing@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 yoga mat to class. Choose a location and class to fit your needs.

Yoga Basics

New to yoga or want a basic practice? This is perfect for you!

Keyword: Yoga

April 5-May 24	T	6-7 p.m.	\$69
Lincoln, CEC, 111	Hug-Novak	LLLX-1701-CESB	

T'ai Chi for Beginners

T'ai Chi is a graceful form of exercise that promotes serenity through gently flowing movements. It is gentle and not strenuous and has been shown to include a positive effect on muscle strength, flexibility and balance.

Wear comfortable clothes.

Keyword: Chi

April 5-May 24	T	7-8 p.m.	\$69
Lincoln, CEC, 111	Hug-Novak	LLLX-1712-CESA	



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>.

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. Workouts will include warm-ups and cool-downs.

Dress in loose, comfortable clothing and appropriate shoes.



April 5-May 3 T 5:30-6:15 p.m. **Keyword: Walk**
LIVE Online, Zoom Waters AREA-8492-TCSWB \$25

Fit for Living

Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key. Best price for your workout!

Bring a mat, towel and tennis shoes. Will use outdoor classrooms as often as can for Plattsmouth class.



May 17-June 21 T 5:30-6:15 p.m. **Keyword: Fit**
LIVE Online, Zoom Waters AREA-8593-TCSWA \$29

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LET'S DO LUNCH SERIES

April celebrates Administrative Professionals Day. This lunch series focuses on personal and professional development suitable for administrative professionals or anyone who wants to learn something new!

NEW! LDL: Meditative Mandalas

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



April 7 Th Noon-1 p.m. **Keyword: Meditative**
LIVE Online, Zoom Roseberry-Keiser AREA-6665-TCSWA \$10

NEW! LDL: Metabolic Syndrome

Metabolic syndrome is not a disease in itself but a group of risk factors. Learn about metabolic syndrome, the five risk factors and healthy lifestyle habits to help reduce the risks.



April 14 Th Noon-1 p.m. **Keyword: Metabolic**
LIVE Online, Zoom Toma AREA-6665-TCSWB \$10

NEW! LDL: How to Tame Your (Unruly) Dragon: Learning to Use Coping Skills to Manage & Regulate Your Emotions

Coping strategies, techniques and tools will be presented and discussed.



April 21 Th Noon-1 p.m. **Keyword: Tame**
LIVE Online, Zoom Toma AREA-6665-TCSWC \$10

**Check out all classes offered at www.southeast.edu/continuing
Find us on Facebook® at www.facebook.com/SCCNebCE**

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 cancelled 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.



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"/> 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. SCC is an Equal-Opportunity co-educational college and does not discriminate based on race, color, religion, sex*, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. www.southeast.edu/diversity *The U.S. Department of Education's Office for Civil Rights enforces Title IX's prohibition on discrimination on the basis of sex to also include discrimination based on gender identity.

Register Online for SCC Continuing Education Classes

You must have an email account to register online.

1. Go to <http://bit.ly/RegisterCE>.
2. **Search for your class** by entering either 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**.
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 class(es) 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**. **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.



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

* The College requires a student's Social Security number as a condition for enrollment. A student's Social Security number information constitutes an "educational record" under FERPA.