



# Energize Your Body, Mind & Spirit

Join us 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 or those caring for others.

## Agenda

- 8:45 a.m..... Check-in
- 8:55 a.m..... Welcome
- 9 a.m..... **Building Resistance to Stress and Aging**  
*Richard Dientsbier, PhD, Professor Emeritus, Department of Psychology - UNL*  
How can we prevent and possibly overcome the damage to our brains by chronic stress and aging? Mental challenges, physical exercise, being socially engaged, meditation, and even affectionate activities can help toughen up our brains. This presentation will dive into the science behind those relationships by explaining how those activities affect our brain's structure and chemistry, and in turn how those physical modifications preserve our mental capacities.
- 9:45 a.m..... Break
- 10 a.m..... **An Informed Approach to Evaluating Health Information**  
*Bob Rauner, MD, MPH, Chief Medical Officer, OneHealth Nebraska, ACO (Accountable Care Solutions)*  
We are bombarded daily with the latest in "scientific" health studies: in newspapers, on social media and in television reporting. Discover how you can assess the health information you encounter, relevant to your own health. We will enable you to discern the source of the story, to ensure it's credible, free of bias and from commercialization. Let your critical thinking with your "skeptical mind" help you to appreciate trustworthy health news reporting.
- 10:45 a.m..... Break
- 11 a.m..... **Music Bingo**  
*Elliot Piper*  
A fun and exciting take on the classic game of bingo. Music bingo is great for mental stimulation, recall, starting conversations, and reliving memories with others.
- 11:45 a.m..... Closing

**Friday,  
March 10, 2023**

**9 a.m.-Noon • \$29**

Jack J. Huck Continuing  
Education Center, Room 303  
301 S. 68th St. Place, Lincoln

**Register at <http://bit.ly/RegisterCE>**  
Online Registration Keyword: Energize

Registration Deadline: March 6

Co-sponsored by:



For more information, contact us at  
[continuinged@southeast.edu](mailto:continuinged@southeast.edu),  
402-437-2700 • 800-828-0072

**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

Complete this form with payment information and send via FAX or mail to: **Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510**  
**FAX: 402-437-2703**

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit [southeast.edu/collegecatalog](http://southeast.edu/collegecatalog) for additional information.

**Today's Date**

\_\_\_\_/\_\_\_\_/\_\_\_\_

Social Security Number OR SCC Student ID Number		Name: Last		First		Middle Initial		Email Address									
Residence Mailing Address				City	State	Zip	County #	<input type="checkbox"/> Cell		<input type="checkbox"/> Business Phone							
Birth Date	I identify as: <input type="checkbox"/> Male <input type="checkbox"/> Female		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"/> Native Hawaiian or Other Pacific Islander <input type="checkbox"/> American Indian or Alaska Native		<input type="checkbox"/> Asian <input type="checkbox"/> Black or African American	<input type="checkbox"/> NE Resident <input type="checkbox"/> Non-Resident	Home Phone								
<b>COURSE NUMBER</b>		<b>SECTION</b>		<b>TITLE</b>				<b>DATE</b>	<b>LOCATION</b>	<b>START TIME</b>	<b>COST</b>						
L	L	L	X	0	6	8	2	C	E	S	A	Energize Your Body, Mind & Spirit	Reg. Deadline: March 6	March 10, 2023	CEC, 303	9 a.m.	\$29

### 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. [southeast.edu/diversity](http://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.



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