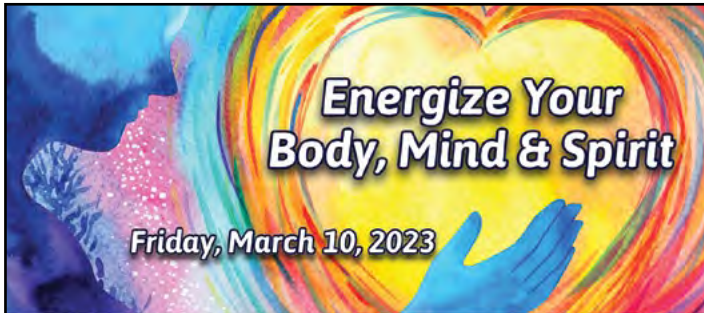


Mind & Body

Winter 2023



Energize Your Body, Mind & Spirit

Friday, March 10, 2023

Partnership event with:



Join us for an informative and relaxing morning as we explore the interconnections between body, mind and spirit. This is a mini retreat designed for anyone who is looking for a day to relax or those caring for others.

Sessions:

- **Building Resistance to Stress and Aging** with Richard Dientsbier, Ph.D., Professor Emeritus, Department of Psychology, UNL
- **An Informed Approach to Evaluating Health Information** with Bob Rauner, M.D., M.P.H., Chief Medical Officer, OneHealth Nebraska, Accountable Care Solutions
- **Music Bingo** with Elliot Piper

For the agenda and full information about the sessions and speakers, visit <https://bit.ly/sceybms2023>.

Keyword: Energize

March 10	F	9 a.m.-Noon	\$29
Lincoln, CEC, 303	See Desc.		
Registration Deadline: March 6		LLLX-0682-CESA	

Palmistry

Discover the elements of a basic palm read. We will discuss hand shape, skin texture, finger prints, major and minor lines, and more. The first half hour of class you will make a print of your hands using water soluble ink.

Bring a magnifying glass and ruler. Please note: This is not a predictive or fortune-telling class. You will have opportunities to work with your print and/or with a partner's hands if you desire.

Keyword: Palm

Feb. 9	Th	6-8 p.m.	\$29
Lincoln, CEC, 102	Karas	LLLX-2115-CESA	

Crafting Herbal Remedies

It's not just the herbs you use but also how you use them. Discover teas and tinctures for your home apothecary.

Your instructor is a clinical and community herbalist.

Keyword: Herbal

Jan. 17	T	6-7:30 p.m.	\$19
Lincoln, CEC, 102	Svoboda	LLLX-2034-CESA	

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

Jan. 10-31	T	6-8 p.m.	\$69
Lincoln, CEC, 405	Moorehead	LLLX-2018-CESA	



6th Annual Jigsaw Puzzle Derby

Grab your friends, neighbors and family for a fun day of puzzling and friendly competition! The Puzzle Derby is our sixth jigsaw puzzle race. Register as a four-person team, two-person team or individual (must be 16 years or older to participate). The first team in each division to complete their puzzle will get "bragging rights."

Each team category will compete using identical puzzles provided by SCC. All details of the Puzzle Derby (rules, registration forms, deadlines, and more) are available online at <https://bit.ly/2023sccpuzzletournament>. You also can stop by the Continuing Education Office at 301 S. 68th St. Place, Lincoln, and pick up a set. Check-in begins at 12:30 p.m. Registration deadline is Jan. 24 or until the room is full (whichever comes first).

Four-Person Team: 1,000-Piece

Feb. 4	S	12:15-5 p.m.	\$59/team
Lincoln, CEC, 302			

Four-Person Team: 750-Piece

Feb. 4	S	12:15-5 p.m.	\$49/team
Lincoln, CEC, 302			

Two-Person Team: 500-Piece

Feb. 4	S	12:15-5 p.m.	\$29/team
Lincoln, CEC, 302			

Individual: 400-Piece

Feb. 4	S	12:15-5 p.m.	\$19/person
Lincoln, CEC, 302			

Location Key

Lincoln, CECJack J. Huck Continuing Education Center, 301 S. 68th St. Place

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

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

Meditative Mandalas

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

Have a fine-tip marker and paper ready.



Keyword: Mandalas

Feb. 25-March 4 S 10-11:30 a.m. \$29
LIVE Online, Zoom Roseberry
AREA-6744-TCSWA

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

Jan. 23-Feb. 27 M 6-7 p.m. \$69
Lincoln, CEC, 304 Rybij LLLX-1712-CESA

Location Key

Lincoln, CECJack J. Huck Continuing Education Center,
301 S. 68th St. Place

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

Jan. 24-March 14 T 5:30-6:30 p.m. \$69
Lincoln, CEC, 304 Pleskac LLLX-1701-CESA

Women's Self Defense

This class will discuss situational awareness, how to be a tough target, assessing the level of threat, and knowing you are worth fighting for. You will learn four kicks and four hand techniques which you will practice on a padded target. We also will cover pressure points and breakaways.

This class is geared toward women, but anyone interested can enroll.

Keyword: Defense

Jan. 31 T 6-8 p.m. \$29
Lincoln, CEC, 302 Karas LLLX-0302-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.

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

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 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"/> American Indian/Alaska Native <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <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. 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
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.