

Mind & Body

Spring 2023

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 25-May 16 T 6-8 p.m. \$69
Lincoln, CEC, 406 Moorehead LLLX-2018-CESB

Fit for Living

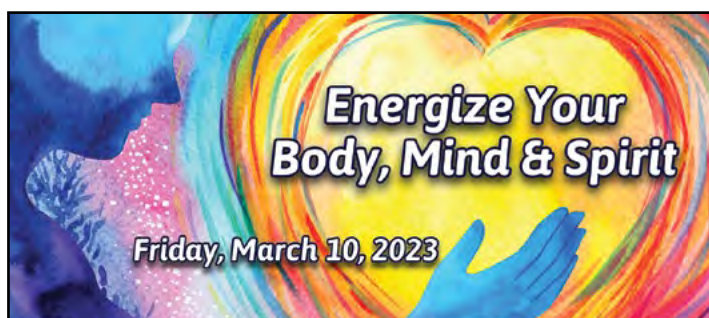
Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key. Best price for your workout!

Bring a mat, towel and tennis shoes if attending in person.



Keyword: Fit

April 3-May 8 M 5:30-6:15 p.m. \$29
LIVE Online, Zoom Meyer AREA-8593-TCSFA



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 Emertius, 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/scceybms2023>.

Keyword: Energize

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

DANCE

Please register each student for couples' classes. Please note that any refunds for a dropped couple's class will be issued to each student equally.

Ballroom Dance

Fun for you and your partner as you discover the waltz, fox trot, swing and polka in a relaxed, informal atmosphere.

Class is held in partnership with Pla Mor Ballroom. Complete a registration for each partner.



Keyword: Dance

April 5-May 10 W 7-8 p.m. \$89/couple
Lincoln, PLA LLLX-1549-OCSA

Belly Dance

Shake and shimmy while having fun, improving core strength and increasing muscle tone. We will cover basic belly dance movements in a safe and comfortable environment.

Wear comfortable clothing in which you can move.

Keyword: Dance

April 6-May 11 Th 6:30-7:30 p.m. \$49
Lincoln, CEC, 304 Gregg LLLX-0360-CESC
May 18-June 22 Th 6:30-7:30 p.m. \$49
Lincoln, CEC, 304 Gregg LLLX-0360-CESD

Belly Dance Level 2

Prerequisite: Belly Dance Level 1 (LLLX-0360)

We will build on the foundations from the beginning class. This is excellent exercise as you refine your current skills to take your belly dance to the next level.

Keyword: Dance

April 6-May 11 Th 7:30-8:30 p.m. \$49
Lincoln, CEC, 304 Gregg LLLX-0365-CESA
May 18-June 22 Th 7:30-8:30 p.m. \$49
Lincoln, CEC, 304 Gregg LLLX-0365-CESB

Location Key

Lincoln, CEC Jack J. Huck Continuing Education Center,
301 S. 68th St. Place
Lincoln, PLA Pla Mor Ballroom, 6600 W. O St.



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.

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

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



REGISTER ONLINE

You must have an email account to register online.

1. Go to <http://bit.ly/RegisterCE>
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**.

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.

* 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 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. 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.

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



Southeast Community College
CONTINUING EDUCATION