Mind & Body
Spring 2021

NEW! Releasing Pain with Energy Medicine
The health of our Energy body and health of our physical body are intricately connected. Areas covered include: grounding and balancing your energies in order to relieve pain, five different pain relief techniques for self-care and techniques for chronic headaches.

April 28, CEC, 405  W  Williams  6:30-7:30 p.m.  LLLLX-2231-CESA  $29

Calming Stress & Anxiety with Energy Medicine
Stress is the illness of our information era. As such the physiology related to stress related illness has been well documented. Using ancient “grandmother wisdom” handed down from generation to generation we will start easing the roots of stress and anxiety with simple Energy Medicine techniques that you have likely intuitively done for yourself, family or pets.

June 7, CEC, 404  M  Williams  6-7:30 p.m.  LLLLX-1074-CEUA  $29

Balancing Hormones with Energy Medicine
Hormones are the chemical messengers that keep your body humming. They influence how you adapt to changes in the environment both internally and externally. Discover the basics of how to affect the hormones, the glands that produce them and the organs that produce them using Energy techniques that are both helpful for men and women.

May 4, CEC, 404  T  Williams  6-7:30 p.m.  LLLLX-2226-CEUA  $29

A Tool Box for Meditation
Would you like to be able to access more inner peace, and maintain calm equilibrium through challenging or stressful times? Join us to discover the foundational techniques of meditation. Meditation is an easy skill to learn and holds the potential for lifelong benefits.

You can sit on chairs or mats on the floor.

April 17-24  LIVE Online, Zoom  S  Blackwell  9-10 a.m.  AREA-6685-TCESA  $19

Location Key
Lincoln, CEC..........................Jack J. Huck Continuing Education Center, 301 S. 68th St. Place
Lincoln, PPNP.....................Prairie Pines Nature Preserve, 112th and Adams
(When you arrive at the entrance gate, turn off 112th on paved driveway.)

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.

NEW! How to Tame Your (Unruly) Dragon: Learning to Use Coping Skills to Manage & Regulate Your Emotions
Some days we all feel like a dragon. Yes, a genuine fire-breathing, killing machine. But that’s okay so long as you know how to put yourself back on a leash. The different types of coping skills will be explored along with their triggers. Different management strategies, techniques and tools will be presented and discussed.

May 6  LIVE Online, Zoom  Th  Doma  6-8 p.m.  AREA-6680-TCESA  $19

Forest Bathing
Forest Bathing, or Shinrin-yoku, is the practice of engaging our senses in the restorative forest environment for mental and physical health benefits. The practice began in Japan and has grown in its use throughout the world. It has been shown to mitigate stress, reduce anxiety, anger, depression and sleeplessness. Components of plants and the natural environment have been found to stimulate positive immune system responses. Join us at the Prairie Pines Nature Preserve to participate in gently guided activities that engage your senses in connecting you to the energy and restoration of the natural world. The goal is to encourage personal practice as an ongoing free health intervention.

June 27, PPNP  U  Kohles  1:30-3 p.m.  LLLLX-1342-OCEA  $19

Uechi Ryu Karate Do
Uechi-ryu is a classical Chinese Okinawan style of self-defense, which stresses a balance between mind, body and technique. The classes involve warm-up techniques to enhance good health, exercises to strengthen movement, stretching to improve flexibility, and basic to advanced self-defense strategies.

Wear comfortable clothes.

May 5-June 9  CEC, 304  W  Lamb  6-8 p.m.  LLLLX-0303-CESB  $69

For more information, contact us at 800-828-0072 or continued@seu.edu

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.
You must have an email account to register online.

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**.

*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.*

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**OR REGISTER BY MAIL, FAX OR IN PERSON**

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

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

**Home**

**Business Phone**

**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.

**Ethnicity (select one):**

- [ ] Hispanic or Latino
- [ ] Not Hispanic or Latino

**Race (Select one or more):**

- [ ] White
- [ ] Asian
- [ ] Native Hawaiian/Other Pacific Islander
- [ ] Black/African-American
- [ ] American Indian/Alaska Native

**Copyright (Select one):**

- [ ] Nebraska Resident
- [ ] Non-Resident

**Today’s Date**

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**COURSE NUMBER**

**TITLE**

**START DATE**

**COST**

$__________

$__________

$__________

$__________

**Total Due**

$__________

**Payment Type**

- [ ] VISA   V Code ______
- [ ] MasterCard
- [ ] American Express
- [ ] Discover
- [ ] Cash

**CC #**

**Exp. Date**

**Today’s Date**

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**FOR OFFICE USE ONLY**

**VIU #**

**SCC Staff Tuition Waiver**

[ ]

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**Signature**

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**Check**

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**Would you like a receipt mailed to you?**

- [ ] Yes
- [ ] No

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**TOTAL DUE**

$__________

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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 course (even if I officially drop, cancel, or withdraw); 2) that a record will be kept of the course numbers I select; 3) my request to Continuing Education; 4) the personal information contained herein is correct as shown; and 5) any changes to S.I , legal name, address, residence, 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 advancement, 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. Requests 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, Lincoln, NE 68510, or jsoto@southeast.edu.