



## Energize Your Body, Mind & Spirit

Join us in person or via Zoom 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..... In-person Check-in/Zoom Log In
- 8:55 a.m..... Welcome
- 9 a.m..... **Supplements, the Good, the Bad and the Ugly**  
*Ally Dering-Anderson, Pharm.D., RP, UNMC College of Pharmacy*  
 Ally will give an overview of the known benefits and possible risks with commonly used nutritional supplements including the recently popular CBD products. Time will be allowed for questions and answers.
- 9:45 a.m..... Break
- 10 a.m..... **Meditation 101**  
*Sheila Palmquist, Founder and Director, Lincoln Yoga Center, Registered Yoga School*  
 Sheila will present an overview of the different types of meditation. She will discuss current research and the many ways regular meditation can benefit us physically, mentally and emotionally.
- 10:45 a.m..... Break, **Qigong Demonstration**  
*Tracie Foreman, Aging Partners Community Health Educator*  
 Qigong is an ancient and simple form of movement that helps to quiet the mind while strengthening and relaxing the body.
- 11 a.m..... **Finding Meaning and Purpose in the Second Half of Life**  
*Julie L. Masters, PhD, Professor, and Terry Haney, Chair of Gerontology, University of Nebraska Omaha*  
 David Bowie once said that aging is when you become the person you were meant to be. Finding ways to become this person is about getting a sense of meaning and purpose in later life. This program will assist people in finding their purpose in the second half of life.
- 11:45 a.m..... Closing

**Friday,  
March 11, 2022**

**9 a.m.-Noon • \$19**

**In-Person:** Jack J. Huck Continuing Education Center, Room 303  
301 S. 68th St. Place, Lincoln

**Online:**  via Zoom

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

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 [www.southeast.edu/collegecatalog](http://www.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"/> Native Hawaiian or Other Pacific Islander <input type="checkbox"/> American Indian or Alaska Native		<input type="checkbox"/> White	<input type="checkbox"/> Asian <input type="checkbox"/> Black or African American	<input type="checkbox"/> NE Resident <input type="checkbox"/> Non-Resident	Home Phone	

**Energize Your Body, Mind & Spirit**  
 March 11, 2022 • 9 a.m.-Noon

**Please check**  **In-person • \$19** LLLX-0682-CESA  **LIVE Online via Zoom • \$19** LLLX-0682-TCSCA

**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? <input type="checkbox"/> Yes <input type="checkbox"/> No	SCC Staff Tuition Waiver ( )	<b>TOTAL DUE</b>	<b>FOR OFFICE USE ONLY</b> ID# _____ DE _____
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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 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. It is the policy of SCC to provide equal opportunity and nondiscrimination in all admission, 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. Inquiries 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. Place, Lincoln, NE 68510, or [jsoto@southeast.edu](mailto:jsoto@southeast.edu).

# 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.