

# Mind & Body

Fall 2024

## Mindset, Mindfulness & Movement

The class blends curiosity around your mindset and gentle awareness of your thoughts, feelings and emotions, all mixed up in guided movement to bring you into the present moment. Combining awareness with movement brings a sense of freedom to your inner chatter and nonstop looping inside your head. Come, feel, be.

Bring a yoga mat, water and a journal. Wear comfortable clothes that allow you to move and sit on the floor. **Keyword: Mindset**

Oct. 2-Nov. 20	W	6:30-7:30 p.m.	\$69
NE City, NCLC, 103	McNeely	AREA-6841-NCFA	

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## Mental Health First Aid

This is a skills-based training that teaches people how to safely and responsibly identify, understand and respond to signs and symptoms of a mental health or substance use challenge in adults. This course builds mental health literacy and teaches strategies to help someone in crisis and non-crisis situations, and knowledge of where to turn for help.

(0.75 CEUs) Participant manual and processing guide included with the course. Mental Health First Aid, sometimes called Adult Mental Health First Aid, is designed for adult learners. The course may not be delivered to anyone under the age of 18. **Keyword: Health**

Nov. 6-13	W	1-5 p.m.	\$79
NE City, NCLC, 102	Schluter	HLTH-3033-NCFA	

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## Fit for Living

Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key.

Bring a towel and tennis shoes. **Keyword: Fit**

Oct. 7-Nov. 11	M	5:30-6:15 p.m.	\$29
LIVE Online, Zoom	Meyer	AREA-8593-TCFFA	

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## Creative Writing

Find your voice as a writer by exploring different writing styles, learning the building blocks of visual storytelling and drawing inspiration from the world around you. Discover methods for overcoming writer's block and ways to bring out your inner creativity through weekly writing assignments and group discussions.

**Keyword: Writing**

Nov. 6-20	W	6-7:30 p.m.	\$45
LIVE Online, Zoom	Ord	AREA-9050-TCFWB	

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# 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.