



CASE WESTERN RESERVE
UNIVERSITY
The Laura & Alvin Siegal
Lifelong Learning Program

COURSES & LECTURES

April, May, June 2026

IN-PERSON AND REMOTE LEARNING OPPORTUNITIES





**CASE WESTERN RESERVE
UNIVERSITY**
The Laura & Alvin Siegal
Lifelong Learning Program

CAMPUS OFFICE

Thwing Center, Room 153
11111 Euclid Avenue
Cleveland, OH 44106-7116
216.368.2090

BEACHWOOD OFFICE

Landmark Centre Building
25700 Science Park Drive, Suite 100
Beachwood, OH 44122
216.368.2091

Website: case.edu/lifelonglearning
Email: lifelonglearning@case.edu

REGISTRATION INFORMATION & POLICIES

Registration policies including course withdrawals, cancellations and refunds can be found on our website.

case.edu/lifelonglearning/about/registration-info-policies

MEMBERSHIP

An optional membership model offers reduced fees for most course and lectures. Details and pricing are available on our website.

case.edu/lifelonglearning/about/membership

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Executive Director

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Director of Jewish
Lifelong Learning

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Director of General
Studies & Marketing

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REMOTE COURSE

GEORGIAN JEWS AND THEIR CULTURAL TREASURES

Thea Gomelauri, PhD, Associate Faculty, Asian and Middle Eastern Studies, and Director of the Oxford Interfaith Forum, University of Oxford, United Kingdom

Mondays, May 4–June 15

(No class May 25)

11 a.m.–12:30 p.m. ET

The Georgian Jewish community is the world's oldest continuous Jewish diaspora, emerging in the territory of Kolkhis after the conquest of Jerusalem by the Neo-Babylonian king Nebuchadnezzar II in 587 BCE. Yet little is known about the cultural and literary treasures of this ancient community. This course introduces the vibrant history of Georgian Jewry and its historical, religious, cultural, literary, and linguistic artifacts. Participants will explore the development of a shared Georgian–Jewish material culture and the exemplary interfaith relations that shaped these communities over the centuries.

Price: \$142

Members receive 15% discount

IN-PERSON LECTURE

THE BENEFITS OF PLANT-BASED NUTRITION: ABOVE AND BELOW THE BELT

Jane Esselstyn, RN, *New York Times* bestselling author, researcher, presenter

Wednesday, May 6

10:30 a.m.–noon ET

Join Jane Esselstyn, RN for a lively workshop on the causation, prevention and reversal of type 2 diabetes, heart disease, many cancers, erectile

dysfunction and other lifestyle related diseases. Jane is the co-author of the *Prevent and Reverse Heart Disease Cookbook*, *Be a Plant-Based Woman Warrior*, the *Engine 2 Cookbook*, and spearheaded the recipe sections of *Plantstrong* and *The Engine 2 Seven-Day Rescue Diet*. Her use of props, slides, and humor help connect the anatomy and physiology to the foundations of disease. Most importantly, Jane arms participants with the knowledge and techniques required to understand the basic science behind plant-based nutrition and disease prevention.

Price: \$10

Members receive \$5 discount

Landmark Centre Building
25700 Science Park Drive, Beachwood

REMOTE COURSE

VIENNA: A TALE OF TWO CITIES

Steven Chervin, Ed.D, Faculty, Gratz College

Wednesdays, May 6–May 20

1:30–3 p.m. ET

Vienna in the late 19th and early 20th centuries seethed with antisemitism. From this cauldron emerged both the best and worst responses to the so-called “Jewish Problem.” Journalist and visionary, Theodor Herzl, proposed Zionism—a Jewish state—as a solution, while failed artist Adolf Hitler advanced the genocidal ideology that culminated in the Holocaust. This class explores how one city helped shape both modern Zionism and the rise of antisemitism. We will consider what this stark ideological divide can teach us about the challenges facing Jewish life today.

Price: \$74

Members receive 15% discount



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