

CMU OSHER Class Category	Subcategory	Sustainability-Related OSHER Class Name (2016-2018)
Arts & Humanities	History	History and Politics of Abolition of Nuclear Weapons
Arts & Humanities	Literature	The Book of Joy: Lasting Happiness in a Changing World
Arts & Humanities	Literature	The Irish Short Story: Mirrors on Irish History and Culture
Arts & Humanities	Music	Music and the Rise of Nationalism in Modern Europe
Arts & Humanities	Music	Human Rights Through the Lens of Opera
Arts & Humanities	Politics/Government	Cuba And The United States: A Developing Relationship
Business & Commerce	Computers	Practical Computer Security
Business & Commerce	Contemporary Topics/Sociology	Nuclear Survival
Business & Commerce	Economics	Mystery of Economic Growth
Business & Commerce	Economics	Financial Manias, Panics, and Crashes
Business & Commerce	Economics	Globalization - The Good And The Bad
Business & Commerce	Economics	The U.S. Economy: Past, Present, and Future
Business & Commerce	Economics	Has Our Country Lost Its Way On Social And Economic Issues?
Business & Commerce	Law	Emerging Legal Issues
Business & Commerce	Law	Sex, Law, And Marriage I
Business & Commerce	Law	Steelworkers and Important Legal Issues
Business & Commerce	Law	Family Law: What Is It and How Does It Protect Families?
Business & Commerce	Law	The Criminal Justice System from Arrest to Trial
Business & Commerce	Law	Questioning the Criminal Justice System Part II
Business & Commerce	Law	The Current U.S. Supreme Court
Business & Commerce	Law	Elder Law - Being Prepared as One Grows Older
Business & Commerce	Law	Elder Law - Being Prepared As One Grows Older
Business & Commerce	Politics/Government	Behavioral Economics
Business & Commerce	Politics/Government	Perennial Policy Issues
Business & Commerce	Politics/Government	Looking Into the Future
Business & Commerce	Politics/Government	Foundations Of Economic Relationships
Business & Commerce	Politics/Government	What Can We Learn From European Health Insurance Systems?
Business & Commerce	Politics/Government	Commercial Policy: Past And Present
Business & Commerce	Politics/Government	Unions, Who Needs Them Anyway
Learn by Doing	Culinary	Nutrition and Cooking Tips for Aging Well
Learn by Doing	Culinary	Nutrition and Cooking Tips for Healthy Aging
Learn by Doing	Dance/Exercise	Hatha Yoga
Learn by Doing	Dance/Exercise	Tai Chi Ch'uan Section Two - First Half
Learn by Doing	Dance/Exercise	Tai Chi Ch'uan Section Two - Second Half
Learn by Doing	Dance/Exercise	Tai Chi Ch'uan - Section III - Selected Postures

Learn by Doing	Dance/Exercise	Tai Chi Ch'uan - Long Form, First Section
Learn by Doing	Dance/Exercise	Tai Chi Ch'uan - Review For Returning Students
Learn by Doing	Dance/Exercise	Dance Fitness Gold
Learn by Doing	Dance/Exercise	Move It or Lose It
Learn by Doing	Dance/Exercise	Move It or Lose It at Dance
Learn by Doing	Dance/Exercise	Move It or Lose It at Friends
Learn by Doing	Dance/Exercise	Move It or Lose It at Dance Alloy
Learn by Doing	Dance/Exercise	Move It or Lose It at Friends Meeting House
Learn by Doing	Dance/Exercise	Move It Or Lose It At Friends Meeting House
Learn by Doing	Dance/Exercise	Move It Or Lose It At Dance Alloy
Learn by Doing	Dance/Exercise	Move It Or Lose It At Friends Meeting House
Learn by Doing	Dance/Exercise	Get Fit - A Fun Latin Cardio Workout
Learn by Doing	Dance/Exercise	Tamburitzan Kolo Dancing
Learn by Doing	Dance/Exercise	Feeling Better" Stretching Exercises for Eliminating Pain
Learn by Doing	Dance/Exercise	Feeling Better: Stretching Exercises for Eliminating Pain
Learn by Doing	Dance/Exercise	Feeling Better—Therapeutic Exercise and Stretching Class
Learn by Doing	Dance/Exercise	Brain Health and Better Balance Through Dalcroze Eurhythmics
Learn by Doing	Dance/Exercise	Contra Dancing
Learn by Doing	Dance/Exercise	Latin Line Dances and More
Learn by Doing	Environment	Regreening Pittsburgh
Learn by Doing	Finance/Insurance	Women & Money
Learn by Doing	Gardening	Sustainable Landscape Design Solutions
Learn by Doing	History	Leadership Lessons from the Battle of Gettysburg
Learn by Doing	Osher Lecture Series	An Exercise in Social Justice: Transcending Tradition...One Artist's Journey from Art to Awareness
Learn by Doing	Psychology	Understanding Your Mind
Learn by Doing	Psychology	Perception, Memory and the Mind
Learn by Doing	Psychology	Cognition and Aging
Learn by Doing	Psychology	The Social Mind
Learn by Doing	Psychology	The Thinking Mind
Learn by Doing	Psychology	Your Amazing Mind
Learn by Doing	Self Improvement	Conflict Resolution and Mediation Skills
Learn by Doing	Self Improvement	Stress and Your Health
Learn by Doing	Self Improvement	Massage For Health And Happiness
Learn by Doing	Self Improvement	MindfulChoice Thinking for Stress Free Decision - Making in All Aspects of Life
Learn by Doing	Self Improvement	Personality Types: Part One
Learn by Doing	Self Improvement	Personality Types:Part Two

Learn by Doing	Self Improvement	The Elements of Personality Conflicts Part I
Learn by Doing	Self Improvement	The Elements of Personality Conflicts Part II
Learn by Doing	Self Improvement	Journey Toward Wholeness - Part 1
Learn by Doing	Self Improvement	Journey Toward Wholeness - Part 2
Learn by Doing	Self Improvement	The Agony And Ecstasy Of Being Who You Are
Learn by Doing	Self Improvement	Journey Toward Wholeness - Revealing Our Authentic Self
Learn by Doing	Self Improvement	Alexander Technique: A Process for Moving with Grace and Ease
Learn by Doing	Self Improvement	More Alexander Technique
Learn by Doing	Self Improvement	The Alexander Technique: Learning to Do the Same Thing Differently
Learn by Doing	Technology	Fraud Awareness
Learn by Doing	Wellness	Eating: A Weighty Subject
Learn by Doing	Wellness	Healthy Eating
Learn by Doing	Wellness	Peaceful Passages: Learning Loving Touch for the Elderly, Ill, and Dying
Learn by Doing	Wellness	Mindfulness Practice for Health, Well Being, and Habit Change
Learn by Doing	Wellness	Mindfulness Exercises for Health, Well Being, and Habit Change
Learn by Doing	Wellness	Optimize your Health with Plant-Based Eating
Learn by Doing	Wellness	Mental Aerobics
Learn by Doing	Wellness	Better Choices, Better Health Workshop - CANCELED
Learn by Doing	Wellness	Better Choices, Better Health Workshop - Jeanette Matthews & Kathy Briden
Learn by Doing	Wellness	Feel Good Feng Shui
Learn by Doing	Wellness	Exercise for Older Adults
Learn by Doing	Wellness	Understanding and Managing Stress for Better Mental and Physical Health
Learn by Doing	Wellness	Taming Stress Enhances Mental and Physical Health
Learn by Doing	Wellness	Dementia Care: Talking To, Caring For, and Understanding People with Dementia
Learn by Doing	Wellness	Dementia Care: Talking To, Caring For, and Understanding People with Dementia
Learn by Doing	Wellness	Everything You Need to Know About Dementia
N/A	Contemporary Topics/Sociology	Education Success: Perspectives from Innovative Educators and Thought Leaders in the Region
N/A	Cultural	Ethics for Beginners
N/A	Law	The Federal Courts: Unraveling The Mystery
N/A	Law	The Rule of Law
N/A	Self Improvement	Activities for Young Children and Older Adults: Using the Montessori Approach
Science	Business	Talking Trash: The Reality Of Our Solid Waste Management
Science	Contemporary Topics/Sociology	Current Topics in Healthcare
Science	Contemporary Topics/Sociology	In Their Own Words: Exploring Family Differences
Science	Environment	Environmental Health Issues in Your Home
Science	Environment	Bringing Organic Consciousness into the Home

Science	Environment	Sustainability Pioneers: A Discussion on Climate Change
Science	Environment	Energy Alternatives for the Future
Science	Environment	Society and Environment, The Last Chapter
Science	Environment	Society and Environment - Chapter II
Science	Environment	What's Cracking with Fracking
Science	Environment	Natural Gas in PA, Past, Present and Future
Science	Environment	Fracking & Cracking: What Are They - Good Or Bad?
Science	Environment	Embracing a Green Lifestyle
Science	Environment	Climate Change: Opinion, Science, Impacts, and Policies
Science	Environment	Confronting the Climate Crisis: Science, Psychology, Solutions
Science	Environment	Climate Change: Science, Impact, And Opinion
Science	Environment	Sustainable Landscape Design
Science	Environment	What s Up With Mother Earth?
Science	Environment	What's Up with Mother Earth?
Science	History	Comparative Study Of Ancient Laws
Science	History	Piracy, Slavery, Sugar and Salt
Science	Life Science	Political Geography
Science	Medical	Learning about Alzheimer's
Science	Medical	Regenerative Medicine
Science	Medical	Academia, Industry, and the Public in Biomedical Research
Science	Medical	Human Sexuality
Science	Medical	Genetics in the News
Science	Medical	What You Should Know about Your DNA
Science	Medical	Aging Voice and Hearing: What To Do?
Science	Medical	Everything You've Always Wanted to Know about Disease but were Afraid to Ask
Science	Medical	Everything You've Always Wanted To Know About Disease
Science	Medical	Osteoporosis: Reducing The Risk Of Fracture
Science	Medical	Nuclear Medicine and PET Imaging...Not As Scary As It Sounds
Science	Medical	Aging Without Growing Old
Science	Medical	Nuclear Medicine...Not As Scary As It Sounds
Science	Medical	Autism Spectrum Disorders: What's New
Science	Medical	Treating Autism Spectrum Disorders and ADHD without Drugs
Science	Medical	Matters of the Heart: Heart Disease and the People Who Conquered Them
Science	Medical	Matters of the Heart
Science	Medical	Understanding Skin Disease / New Treatment Options
Science	Medical	Understanding Skin Disease With Cosmetic Considerations

Science	Medical	The Human Side of Medicine
Science	Medical	Understanding Alcoholism, Substance Abuse, and Addiction
Science	Medical	Biology of Aging
Science	Medical	Biology of the Eye and Vision
Science	Medical	Feeling Comfortable with your Joints
Science	Medical	Skin Cancer and Other Common Skin Conditions
Science	Medical	Sleep - Yesterday - Today - Tomorrow
Science	Medical	You, or Someone You Care About, Survived Cancer, Now What?"
Science	Politics/Government	Current State of the Middle East - Still a Mess
Science	Politics/Government	Political History of the Middle East - Israel Chapter
Science	Politics/Government	Israel And Its Neighbors-An Update
Science	Religion/Philosophy	Why God Hates Women: The Peculiarly Strong Connection between Sex and Religion
Science	Religion/Philosophy	Why God Hates Women
Science	Technology	Chaos, Complexity, and Systems Engineering
Science	Technology	Discuss TED Videos on Mind and Personality
Science	Technology	Threats in Cyberspace
Social Science	Contemporary Topics/Sociology	Civilized Discourse
Social Science	Contemporary Topics/Sociology	RAND Corporation - Tracking Global Challenges Right Here in Pittsburgh
Social Science	Contemporary Topics/Sociology	The Rehabilitation of At-Risk Youth
Social Science	Contemporary Topics/Sociology	Crime Prevention, Active Shooter Response, Myths of Police Shootings
Social Science	Contemporary Topics/Sociology	Issues in Criminal Justice
Social Science	Contemporary Topics/Sociology	Domestic Terrorism
Social Science	Psychology	Understanding Personality
Social Science	Psychology	Applications of Psychology to Real World Problems
Social Science	Religion/Philosophy	An Introduction to Hinduism
Social Science	Religion/Philosophy	An Introduction To Sikhism
Social Science	Religion/Philosophy	Contemplating our Evolving Notions of the Nature of the Universe
Social Science	Religion/Philosophy	The Social Gospel, Vatican II, and Engagement in the Postmodern World
Social Science	Religion/Philosophy	Lions, Tigers and Muslims... Oh My!
Social Science	Religion/Philosophy	Thomas Merton, a Spiritual Guide in a Troubled World
Social Science	Religion/Philosophy	Faith and Politics
Social Science	Religion/Philosophy	Philosophies of Religion and Politics of Paul Tillich
Social Science	Religion/Philosophy	Give Me Your Tired, Your Poor, Your Huddled Masses...."
Social Science	Religion/Philosophy	Being Good
Social Science	Religion/Philosophy	Shocking! This is the Bible? The Intersection of Text, Life, and Art
Social Science	Religion/Philosophy	CHUTZ-POW! Superheroes of the Holocaust Volume Three: Youth Survivors

Social Science
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Religion/Philosophy
Self Improvement
Tours
Travel

Religion and Society
Brain Builders
Our 3 Rivers: Key To Prosperity & Quality Of Life
Modern Shanghai: Architecture, Art, Daily Life