The 2021 Herczeg’s Zoom lecture series: *To grow old wisely: Tools and inspiration to promote wellness in old age*

A lecture series on topics in the areas of psychology, culture, and humanities

Moderator: Prof. Silvia Koton (Head of the Herczeg Institute).

The first 2021 Herczeg’s Zoom lecture series “*To grow old wisely: Tools and inspiration to promote wellness in old age*” was launched on March 8, 2021. The series was designed for older adults and professionals who interact with old populations, and aimed to promoting wellness in old ages during the COVID-19 pandemic.

The series consists of four online lectures (in Hebrew) as follows:

8.3.21: Dr. Tal Dekel: *The power or art, the power of aging: Aspects of gender and old age in the visual arts in Israel.*

Dr. Tal Dekel is a historian, curator, activist, and lecturer. She teaches at Tel Aviv University, and she is the current Head of the Visual Literacy Studies and the Curatorial Studies at Kibbutzim College.

15.3.21: Mr. Tom Aival: *Humor for a better life: A funny lecture based on the works of the comedian Larry David (Seinfeld, Curb Your Enthusiasm).*

Mr. Tom Aival is the Academic coordinator of Herczeg Institute. He holds a Master’s degree in Cognitive Psychology.

22.3.21: Dr. Carmel Shalev: *Aging with grace and kindness: Life lessons from an old wisdom.*

Dr. Carmel Shalev is a lecturer, practitioner of Dharma meditation, and founder of the Wisdom of Aging, a movement for conscious aging with a Buddhist worldview in Israel.

12.4.21: Dr. Irit Bluvstein: *Creating resilience in older age: Tools to improve life.*

Dr. Irit Bluvstein is a psychotherapist and Dharma facilitator. She is a researcher in the Herczeg Institute on Aging, and teaches at the Nursing Department at Tel Aviv University.