



## **ARTIFICIAL INTELLIGENCE AND OTHER MODERN TECHNOLOGIES**

Guillermo Warley

### **Session II**

**Tuesdays, 1:00 p.m. (begins October 14)**

**Fee: \$74**

This class covers a variety of technologies that are part of our everyday life and that are rapidly changing and affecting more and more of our interactions online, with businesses, and even socially. The specific topics covered will adapt to this constantly changing and evolving field. Typical discussions include artificial intelligence (AI), as well as wireless communications, alternative sources of energy and more. These technologies are explained in non-technical terms and do not require any type of technical background to understand. When appropriate, ethical or social implications of these technologies will be discussed and examples and interesting cases highlighting the uses of these technologies will be presented.

Guillermo Warley is an electrical engineer with graduate degrees in electronics and signal processing. He has 40 years of experience designing technology products for several industries. Guillermo is a senior life member of the IEEE (Institute for Electrical and Electronics Engineers) and the SSIT (Society for the Social Implications of Technology). He has taught technology subjects at various Osher programs, including Towson University and American University. He has also taught in continuing education programs through Frederick Community College and the Universidad Complutense de Madrid, Spain. He also has teaching experience at both graduate and undergraduate levels in electrical engineering topics.



## **RECLAIM YOUR HEALTH & VITALITY**

Karen Wright

### **Session II**

**Wednesdays, 1:00 p.m. (begins October 15)**

**Fee: \$74**

This course is a comprehensive science-based course designed to provide you with actionable knowledge and tools to enhance your immune system and overall wellness. This course presents the connection between nutrition, lifestyle and immunity, exploring key nutrients and supplements, along with their roles in supporting your health. You'll learn about the impact of gut health, hydration, macronutrients, micronutrients, the impact of lifestyle choices, including movement, stress, sleep, the safety and efficacy of over-the-counter supplements, to empower you to develop a personalized road map to health and wellness, while ensuring that you can make informed dietary choices. The course will conclude by putting it all together with reading nutrition labels, mindful eating and how to easily prepare a weekly meal plan to facilitate achieving your health goals.

Karen Wright is a licensed clinical nutritionist with experience providing nutritional counseling and health coaching to clients with diverse health concerns including diabetes, cardiovascular diseases, obesity, thyroid issues and mental health disorders. She specializes in creating individualized dietary plans and offering holistic nutrition strategies for her clients. Karen is passionate about empowering individuals to lead healthier lives through evidence-based nutrition advice.