

Live Lifestyle Medicine

<https://www.livelifestylemedicine.com/>

A Program Supported by the Eugene Plant Based Providers

13-Week Class Schedule

Tuesdays 7-8:30 p.m. February 24th-May 19th, 2026

1. Introduction Class (2/24): Charlie Ross DO and Scott Wagnon PA-C
2. Meal Preparation and Planning (3/3): Multiple Presenters
3. Cooking Demonstration (3/10): Tamera Wilhite
4. The Importance of Lifestyle for Mental Health (3/17): Pam Birrell PhD
5. Cardiovascular Disease Panel Discussion (3/24): Led by Kristin Linzmeyer MD
6. Diabetes (3/31): Scott Wagnon PA-C
7. Raising Plant Based Kids, a Family Panel Discussion (4/7): Led by Eric Colgrove MD
8. Weight Management and Calorie Density (4/14): Scott Wagnon PA-C
9. Food Label Reading and Smoothie Demonstration (4/21): Debby Coulthard RN/Trish Kingsbauer
10. Nutritional Myths (4/28): Scott Wagnon PA-C
11. The Magic of Fiber (5/5): Charlie Ross DO
12. Substance Misuse and Health (5/12): Elisabeth Maxwell PhD
13. Physical Activity and Health (5/19): Kathy Meldrum PT

Classes are free and open to the public

**Location: First Christian Church of Springfield, 395 West Centennial Blvd.
Springfield, OR 97477**

Also, via Zoom if you can't attend in person; see website for more details

Within the series we will also include (Dates TBD)

1. Saturday Movie Night
2. Grocery Store Shopping Tour
3. Monthly Community Walks
4. Class Ending Potluck