

Live Lifestyle Medicine

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

A Program Supported by the Eugene Plant Based Providers

12-Week Class Schedule

Tuesdays 7-8:30 p.m. July 15-September 30, 2025

1. Introduction Class (7/15): Charlie Ross DO and Scott Wagnon PA-C
2. Meal Preparation and Planning (7/22): Multiple Presenters
3. Weight Management and Calorie Density (7/29): Scott Wagnon PA-C and Charlie Ross DO
4. Social Connection, Stress Management and Sleep Health (8/5): Pam Birrell PhD
5. Cooking Demonstration and Q&A (8/12): Location TBD: Tamera Wilhite (Food for Life Instructor)
6. Diabetes (8/19): Charlie Ross DO and Scott Wagnon PA-C
7. Heart Disease (8/26): Kristin Linzmeyer MD
8. Child Nutrition and Plant Based Diets for Families (9/2): Eric Colgrove MD
9. Food Label Reading (9/9): Debby Coulthard RN
10. The Magic of Fiber for Cancer and Gastrointestinal Health (9/16): Charlie Ross DO and Scott Wagnon PA-C
11. Risky Substances and Food Addiction (9/23): Elisabeth Maxwell PhD
12. Physical Activity and Health (9/30): 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 Walk (Saturdays July 26th, August 23rd & Sept. 27th at 10AM)
4. Class Ending Potluck