

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. June 23rd-September 15th, 2026

Enjoy Free Delicious Plant Based Food Tasting at Every Class!

1. Introduction to Lifestyle Medicine (6/23): Charlie Ross DO and Scott Wagnon PA-C
2. Meal Preparation & Planning (6/30): Multiple Presenters
3. Food Label Reading (7/7): Scott Wagnon PA-C
4. The Importance of Lifestyle for Mental Health (7/14): Pam Birrell PhD
5. Nutritional Myths Uncovered (7/21): Scott Wagnon & Charlie Ross DO
6. Diabetes & Insulin Resistance (7/28): Charlie Ross DO
7. Weight Management & Calorie Density (8/4): Scott Wagnon PA-C
8. Child Nutrition & Plant Based Diets for Families (8/11): Eric Colgrove MD
9. Cooking Demonstration (8/18): Chef Corey & Miranda from Acorn Community Café
10. Cardiovascular Disease Q&A (8/25): Kristin Linzmeyer MD
11. The Magic of Fiber (9/1): Charlie Ross DO
12. Food Addiction & Behavior Change (9/8): Scott Wagnon PA-C
13. Physical Activity & Health (9/15): 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, online 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. Weekly Community Walks
4. Class Ending Potluck