

## 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 24<sup>th</sup>-May 19<sup>th</sup>, 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 Cooking Demonstration (4/21): Debby Coulthard RN/Chef Corey from Acorn Community Cafe
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