

Live Lifestyle Medicine

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

A Program Supported by the Eugene Plant Based Providers

13-Week Class Schedule

Tuesdays 6:30-8:30 p.m. June 23rd-September 15th, 2026

Arrive at 6:30PM for free food samples, lending library, and socializing

Class begins at 7:00PM

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 starting at 7:00PM 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