

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. November 4th, 2025-January 20th, 2026

1. Introduction Class (11/4): Charlie Ross DO and Scott Wagnon PA-C
2. Meal Preparation and Planning (11/11): Multiple Presenters
3. Cooking Demonstration (11/18): Tamera Wilhite
4. The Importance of Lifestyle for Mental Health (11/25): Pam Birrell PhD
5. Cardiovascular Disease Panel Discussion (12/2): Led by Kristin Linzmeyer MD
6. Diabetes (12/9): Scott Wagnon PA-C and Charlie Ross DO
7. Weight Management and Calorie Density (12/16): Scott Wagnon PA-C
8. Child Nutrition and Plant Based Diets for Families Panel Discussion (12/23): Led by Eric Colgrove MD
9. Food Label Reading (12/30): Debby Coulthard RN
10. The Magic of Fiber (1/6): Charlie Ross DO
11. Risky Substances and Food Addiction (1/13): Elisabeth Maxwell PhD
12. Physical Activity and Health (1/20): 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