



Title Sponsor:



July 25, 10 am to 5 pm
Ottawa Conference and Event Centre

- 10.20am** **Welcome to VegOttawa Fest!**
VegOttawa Association
- 10.35am** **Kale Yeah, You Should Go Vegan — A Doctor Explains**
Dr Marie-Eve Bérubé, MD, CCFP, dipABLM
What does the science actually say about plant-based and vegan diets? This evidence-based talk will cover chronic disease prevention, protein, common pitfalls, and practical tips for making the transition stick.
- 11.25am** **Behind the Labels: Exposing and Addressing Greenwashing and Humanewashing in Animal Use Industries**
Kira Berkeley
Learn how to identify misleading marketing claims on products — and walk away with practical tools to identify deceptive marketing and hold companies accountable.
- 11.55am** **L'agriculture urbaine végétarienne**
Stéphane Groleau
Explorer les enjeux de l'agriculture urbaine — fertilisants, matériel, poules, abeilles — et découvrir comment cultiver des aliments sains localement, sans exploitation animale ni produits chimiques.
- 12.30pm** **Why I Walked Away: A Former Slaughterhouse Inspector's Story**
David Magna
Hear from a former CFIA inspector with over 15 years inside Canada's animal agriculture system, who is now dedicated to exposing the realities of animal exploitation and inspiring change.
- 1.45pm** **The Processed Food Panic: What's Real, What's Noise, and What Actually Matters on a Plant-Based Diet**
Dr. Noah Litvak, Naturopathic Doctor
Public conversations about nutrition have turned processed and ultra-processed foods into the latest villains, but what does the science actually say? This talk cuts through the confusion, honing in on how to build a sustainable plant-based diet without guilt or perfectionism.
- 2.15pm** **Plant-Based, Not Perfect: The Science of Being Kind to Yourself and Others During Change**
Michelle Prentice, MD, MSc, CCFP, DipABLM and Dr. Elliott Lee
Why kindness — toward others and ourselves — may be the most overlooked driver of behaviour change, and how belonging and self-compassion create the conditions for lasting participation in the plant-based movement.
- 2.50pm** **Exploring Vegan History: Let's Reconnect with Our Roots**
Carolyn Harris
A look back at the early voices who spoke out against animal exploitation in veganism's first decades — and why that history still matters today.
- 3.15pm** **Les incendies de bâtiments agricoles: une tragédie perpétuelle qui tue des dizaines de milliers d'êtres animaux d'élevage chaque année.**
Jean-Jacques Kona-Boun, DMV, MSc, Diplômé American College of Veterinary Anesthesia & Analgesia
Un tour d'horizon des incendies de bâtiments d'élevage — leurs enjeux, les recours possibles, et l'exemple d'une action menée au Québec par Droit Animalier Québec.
- 3.45pm** **Entrepreneurship For Animal Liberation**
Gabriel Nadler
A vision for transforming the vegan food industry into the financial backbone of animal liberation by redirecting profits toward animal rescue and wilderness protection.
- 4.00pm** **Mobilizing For Animals**
Nives Ilic
An overview of two Animal Justice farmed animal campaigns — and how you can get involved to influence decision makers through demonstrations, meetings, media, and more.
- 4.30pm** **The Future of Fashion is Vegan & Sustainable**
Vikki Lenola
This talk will explore the rapidly evolving world of sustainable, animal-free fashion, why fashion is increasingly part of conversations around sustainability and ethics, and how you can make style choices that align with your values without sacrificing aesthetics.
- 4.45pm** **Thank You and Closing Remarks**
- 5.00pm** **The Vegan Fashion Show Casting Call**

vegottawa.org/fest

Meet Our Speakers



Dr Marie-Eve Bérubé, MD, CCFP, dipABLM

Kale Yeah, You Should Go Vegan — A Doctor Explains

Dr. Marie-Ève Bérubé was trained in family medicine and is the Executive Director of the CSanté Medical Clinic at Collège La Cité in Ottawa. A certified Diplomate of the American Board of Lifestyle Medicine (ABLM), she is passionate about using food — especially plant-based nutrition — as a powerful tool to prevent and reverse chronic disease. She is part of a growing movement of Canadian physicians bringing Lifestyle Medicine into mainstream practice.

Kira Berkeley

Behind the Labels: Exposing and Addressing Greenwashing and Humanewashing in Animal Use Industries

Kira is Co-Director & Counsel of Animal Environmental Legal Advocacy (AEL Advocacy). She is also the Advocacy Manager for the Animal Alliance of Canada. Kira earned her Juris Doctor from the University of Ottawa, Faculty of Law in June 2020. During her academic journey, Kira actively contributed as an executive member of uOttawa's Animal Justice Association and interned in animal law at organizations including Animal Justice, Breder Law (Vancouver), and Gartner & Associates Animal Law (Toronto). Kira also served as an associate lawyer at OLLIP Professional Corporation, and Scott Law Group, where she launched and ran an animal law department. Kira previously held the position of Animal Law Research Associate at the University of Toronto, where she assisted in launching Canada's first Animal Law Program at the Henry N.R. Jackman Faculty of Law.



Stéphane Groleau

L'agriculture urbaine véganique

Cofondateur du Réseau d'agriculture véganique, Stéphane Groleau se passionne pour les approches alimentaires et agricoles alternatives respectueuses de la planète, des gens et des animaux. Il a grandi sur une ferme laitière, fait des études en anthropologie et en agriculture biologique. Depuis plusieurs années, il donne des ateliers et des conférences sur le jardinage et l'agriculture véganique, entre autres avec LearnVeganic et le Veganic Summit. Il est aussi le traducteur du livre La permaculture – une brève introduction, en plus d'être écocinéaste, musicien et webmestre.



David Magna

Why I Walked Away: A Former Slaughterhouse Inspector's Story

David Magna is a former Canadian Food Inspection Agency (CFIA) inspector who spent over 15 years inside Canada's animal agriculture system. After leaving the industry, he became an animal rights advocate, speaker, organizer, and content creator dedicated to exposing the realities of animal exploitation and inspiring others to create change.



Meet Our Speakers

Dr. Noah Litvak, Naturopathic Doctor

The Processed Food Panic: What's Real, What's Noise, and What Actually Matters on a Plant-Based Diet

Dr. Noah Litvak is a Naturopathic Doctor based in Ottawa who focuses on practical, evidence-informed approaches to plant-forward living. His own shift toward a predominantly plant-based diet—along with changes in movement, supplementation, and mindset—has had a meaningful impact on his energy and overall wellbeing. These experiences help to shape his clinical approach and his commitment to making health changes feel realistic rather than overwhelming. In his practice, Dr. Noah supports individuals navigating mental health concerns, gut health, hormones, and sustainable weight changes. He emphasizes simple, achievable strategies that help patients build long-lasting habits, and encourages a flexible, non-dogmatic approach to nutrition. Much of his work involves helping people transition toward more nutritious, less inflammatory, plant-forward eating patterns in a way that fits their lives.



Michelle Prentice, MD, MSc, CCFP, DipABLM Dr. Elliott Lee

Plant-Based, Not Perfect: The Science of Being Kind to Yourself—and Others—During Change

Dr. Michelle Prentice and Dr. Elliott Lee are the co-founders of Lifestyle Med Lab, which promotes understanding of how healthy lifestyle behaviours, including plant-based nutrition, become habits—for members of the health care system, and the people they treat. Together, they share a strong foundation in health behaviour psychology and focus on helping people make meaningful changes in their own lives.

Dr. Prentice is a dual board-certified family and lifestyle medicine physician with clinical experience across the United States and Canada. With a background in kinesiology, experience as a national physician advocate in the U.S., and training through the Harvard CHEF coaching program, she brings expertise in healthy movement, plant-based nutrition, and motivational interviewing to the practical application of lifestyle medicine.

Dr. Lee is a behavioural scientist and positive psychologist with expertise in group facilitation, systems thinking, and behavior change. His work focuses on increasing engagement and belonging within groups, and on how interactions can be intentionally designed to support healthier, more sustainable choices that improve both human and planetary health.



Carolyn Harris

Exploring Vegan History: A blast from the past

Carolyn became a vegan animal rights activist in 2010, at the age of 13, and started blogging about animal advocacy about a year later. In later years, she volunteered on the board of directors of VegOttawa (then known as the National Capital Vegetarian Association) and as a key member of Vegan Option Canada. In 2019, she founded Always for Animal Rights, a radio show and podcast based at a community radio station in Ottawa, Canada. Carolyn has interviewed scholars and activists from around the world about topics ranging from vegan advocacy and animal rights theory to critical animal studies and ecofeminism. Her writing has been featured by VegOttawa, The Vegan Society, Gentle World, and Be Fair Be Vegan, the Toronto Star, the Ottawa Citizen, and the Charlatan. Finally, Carolyn is the author of a booklet titled Veganism as Holistic Nonviolence (available online for free). In addition to veganism and animal rights, I'm passionate about the natural world, human rights, anti-consumerism, reading, piano, and holistic critical thinking.



Meet Our Speakers



Jean-Jacques Kona-Boun, DMV, MSc, Diplômé American College of Veterinary Anesthesia and Analgesia

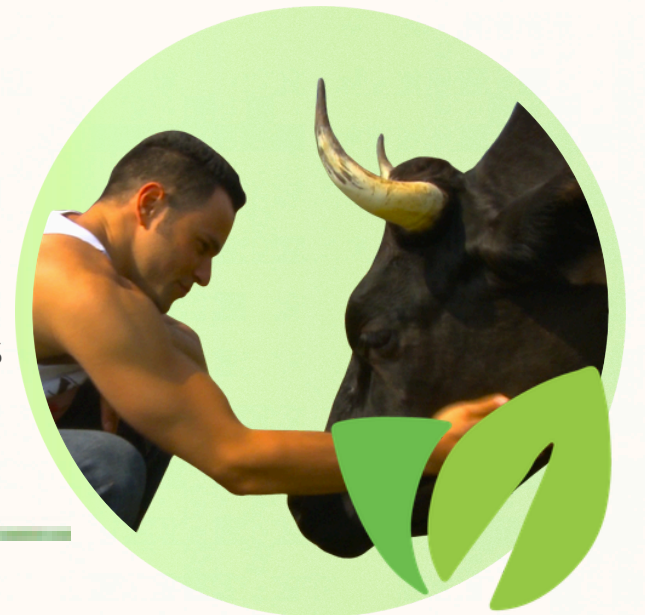
Les incendies de bâtiments agricoles: une tragédie perpétuel qui tue des dizaines de milliers d'êtres animaux d'élevage chaque année

Diplômé de la Faculté de médecine vétérinaire de l'Université de Montréal en 1997, le docteur Jean-Jacques Kona-Boun a tout d'abord travaillé en pratique privée des animaux de compagnie avant de retourner à la Faculté de médecine vétérinaire afin de compléter une résidence (2001) puis une maîtrise (2006) en anesthésiologie vétérinaire. Il a obtenu son diplôme de l'American College of Veterinary Anesthesia and Analgesia en 2008. Le docteur Kona-Boun a été employé à la Faculté de médecine vétérinaire de l'Université de Montréal (2001-2010) comme clinicien dans le service d'anesthésiologie pour les grands et les petits animaux. Il y a fait également de l'enseignement aux étudiants de 1er et 2e cycles ainsi que de la recherche clinique chez les grands et les petits animaux. Depuis 2011, le docteur Kona-Boun fait partie du service d'anesthésiologie du Centre DMVET. Parallèlement à tout cela, le docteur Kona-Boun est également très impliqué dans l'activisme pour la défense des droits des êtres animaux.

Gabriel Nadler

Entrepreneurship For Animal Liberation

Gabriel Nadler is the Founder of Animal Rescue Life & Vegan's Best Friend, and an Animal Rights dedicated musician who performs under the name Gaia's Eye.



Nives Ilic

Mobilizing For Animals

Nives works in a public-facing, leadership role for Canada's leading national animal law advocacy organization. She builds on-the-ground regional support in locations across Canada in order to advance Animal Justice campaigns. Nives creates and oversees complex advocacy initiatives, working across teams to develop corporate, political, legal, and public outreach actions. Finally, she provides training, supervision and coaching to a team of 18 Mobilization Leads and manages the Animal Justice Action Team—an action collective of 15,000 participants.

Vikki Lenola

The Future of Fashion is Vegan & Sustainable

Vikki Lenola is a Canadian publicist, model, dancer, and animal rights activist focused on advancing the future of ethical fashion. She is the Producer/ Director of The Vegan Fashion Show (Co-Produced by Jessica Embro), a nonprofit platform that showcases vegan fashion and next-generation materials while educating the public about the impact of fashion on animals and the environment.



With a background in Environmental Studies degree and Business diploma, and experience in public relations through her agency Lenola PR, Vikki works with brands, entrepreneurs, and changemakers to amplify stories that promote compassionate and sustainable innovation. Through runway events, media outreach, and educational presentations, she helps bridge the worlds of fashion, activism, and emerging material technologies.

Meet Our Speakers

Special Activity for Kids 1:15-1:45 pm



Liz Wheeler

Seeing Technicolour & Other Chicken Superpowers: An Interactive Kids Presentation

Liz Wheeler is the Co-Founder of Secondhand Stories Chicken Sanctuary. Through her sanctuary work, Liz focuses on the intersection of rescue and advocacy, specifically spanning the Ottawa Humane Society and Humane Canada; she currently leads fundraising efforts as the Philanthropy Manager at Faunalytics. From chicken coops to international advocacy efforts, Liz uses her voice for animal protection in highlighting the unique lives and needs of chickens. She holds certifications in Animal Welfare from Thompson Rivers University and Anthrozoology from the University of Windsor. Liz has spent the last decade driving impact within the nonprofit sector, with a career her every action.

What does a chicken's happy song sound like? How do they use their rainbow vision to find treats? Join Secondhand Stories Chicken Sanctuary for a sensory adventure as we explore the secret lives of chickens.

In this interactive session, kids will explore how chickens see, hear, smell, and feel the world around them. They'll learn that being different is a superpower, and that kindness is the greatest power of all. Through social-emotional learning, we connect animal biology to human emotions like empathy and kindness, teaching children that being different is a superpower. This multisensory experience features real sanctuary stories, audio/video of chicken vocalizations, and hands-on elements like lavender sachets and feathers to touch.

Kids will leave empowered to advocate for chickens, sharing with their new knowledge with friends and family. Each participant will receive an educational pamphlet and a "Promise Postcard" to help them carry their commitment to kindness home.