

VEGAN SUMMERFEST 2025 PROGRAM

★ *The 51st Anniversary of NAVS* ★



July 9 – 13 ★ Johnstown, PA
Conference Center at Pitt-Johnstown

VEGAN ²⁰₂₅ SUMMERFEST

51st Anniversary of the North American Vegetarian Society

 **navs**

GENERAL INFORMATION

ANNOUNCEMENTS

Such as class changes, will be posted on bulletin boards in the Student Union Building and Living Learning Center. Please consult them daily.

NAVS' INFORMATION DESK

1st floor lobby of the Student Union Building.

SUMMERFEST BADGES

Must be worn for admission to all sessions.

SUMMERFEST SESSIONS WILL BE HELD IN THE FOLLOWING LOCATIONS:

Classes, Lectures, Workshops

Living Learning Center: Heritage Hall A and B, University Room, Campus Room, Scholar's Room, College Room, President's Room; Engineering and Science Building: Auditorium and Room 241

Plenary Presentations

Pasquerilla Performing Arts Center

Food Demonstrations

Heritage Hall B & C, Living Learning Center

Morning Yoga

John P. Murtha Center, Assembly Hall

Exercise Classes

Studio Theatre, Pasquerilla Performing Arts Center, Outside as designated

Children's Center

Laurel Hall Lower Lounge

Youth Activities

Locations as indicated in the Youth/Child Program

Evening Social Activities

Heritage Hall, Living Learning Center

NAVS BOOKSTORE

Located in the Cambria Room, Student Union.

EXHIBITS

1st & 2nd floor corridors, Student Union Lobby.

MEALS

Meals will be served Wednesday lunch through Sunday lunch in the Student Union: the Cafeteria on the 2nd floor. If needed, there may be additional seating added elsewhere. Meals will be served at the following times:

Breakfast:	7:30 AM – 8:30 AM
Lunch:	12:30 PM – 1:30 PM
Dinner:	5:30 PM – 6:30 PM
Farewell Dinner:	5:30 PM – 7:00 PM

We're sorry, food and beverages may NOT be taken out of the dining hall.

Meals are prepared by the Food Service of the University of Pittsburgh at Johnstown, under the direction of Executive Chef Mark Reinfeld of VeganFusion Institute and assisted by Chef Jamie Martinez, Chef Derek Krajc and Chef Danyul Werline-Robinson with guidance from NAVS.

MEAL TICKETS

Are required to enter the cafeteria. Treat them as you would cash. You will be charged full price for replacement tickets.

FITNESS

Adults: The Wellness Center offers use of their exercise equipment and walking track from 7am to 3 pm. This facility is not available on the weekend.

2025 SPEAKERS

MARIBETH ABRAMS (CT) Certified Nutrition Consultant, Holistic Health Practitioner, Lifestyle Educator; author, *The 4-Ingredient Vegan* and *Tofu 1-2-3*; NAVS board member

MARGARETHA BACKERS-NETHERTON, RN (VA) Vegan 30 years; provides wellness and vegan education to companies and organizations; BS Nursing, BA Biology, BS Education; Plant Based Nutrition Certification, Cornell University; Master of Fitness certification, Cooper Institute; Health Coach

CHIP BALLEW (MO) Juggling teacher; with over 25 years experience teaching various forms of juggling, skilltoys and cooperative games; Co-founder of Veg Club of the Ozarks and co-organizer of Northwest Arkansas Vegans Group; vegan and animal advocate for over 35 years.

NEAL BARNARD, MD, FACC (MD) Adjunct associate professor of medicine at The George Washington University School of Medicine; President of the Physicians Committee for Responsible Medicine, founded the Barnard Medical Center and author of numerous books

CAROL BARNETT, PHD, JD (NY) Secretary, treasurer and board member of Rochester Lifestyle Medicine Institute (RLMI); Co-Coordinator of Rochester Area Vegan Society (RAVS); Pivotal in developing and running RLMI's monthly 15-Day Whole-Food Plant-Based Jumpstart

TED BARNETT, MD (NY) Founding president and board chair of Rochester Lifestyle Medicine Institute (RLMI); Co-Coordinator of Rochester Area Vegan Society; RLMI's innovative programs include the monthly 15-Day Whole-Food Plant-Based Jumpstart; practicing diagnostic and interventional radiologist

CHRISSEY BENSON (TN) Author of *Marrying Myself* which features a vegan protagonist, the book was named a top media pick of

the year in 2023 by *VegNews* magazine; host of the Vegan Posse podcast

ROBERT BREAKEY, MD (MI) Graduate of the University of Michigan Medical School; head of his medical group's "IHA Center for Lifestyle Medicine"; on the Board of Directors of Plant Based Prevention of Disease (P-POD); Chairman of the Board of the Plant Based Nutrition Support Group (PBNSG).

ANGELA CRAWFORD, PHD

Psychologist, vegan educator, and author of *The Vegan Transformation: A Journey to Heal Yourself and the World*; teaches about thriving emotionally and socially as a vegan; worked as a psychotherapist for 25 years

EILEEN WIEDER CRONE, RD, MS,

ERYT500 (PA) Certified Tai Chi Instructor; ACSM-Certified Exercise Physiologist; Registered Yoga Teacher; adjunct professor at Harrisburg Area Community College; passionate about sharing wellness, fitness and the benefits of spending time in nature with others

ANNE DINSHAH (NY) Co-author of *Powerful Vegan Messages* and *Apples, Bean Dip, and Carrot Cake*; author of *Dating Vegans*; CEO of American Vegan Society; lifelong vegan

FREYA DINSHAH (NJ) Co-author of *Apples, Bean Dip, and Carrot Cake*; author of *The Vegan Kitchen* which in 1965 was the first U.S. cookbook to use the word vegan in the title; over 65 years vegan; President Emeritus of American Vegan Society

MICHAEL C. DORF, JD (NY) Robert S. Stevens Professor of Law at Cornell University Law School; graduate of Harvard College and Harvard Law; co-author of *Beating Hearts: Abortion and Animal Rights*

MYLAN ENGEL JR., PHD (IL) Professor of Philosophy at Northern Illinois University specializing in animal ethics and environmental ethics; co-author of *The Philosophy*

SPEAKERS (con't)

of Animal Rights: A Brief Introduction for Students and Teachers

STEPHAN ESSER, MD (FL) Director, Esser Health– Take Your Life from Surviving to Thriving; clinician on lifestyle medicine, exercise and nutrition; completed his residency training at Harvard Medical School and a Sports Medicine Fellowship at Mayo Clinic

JOANN FARB (KS) Author, *Compassionate Souls – Raising the Next Generation to Change the World and Get Off Gluten*; mother of two daughters, who have been vegan since birth

SARINA FARB (KS) Life-long vegan; makes videos for her YouTube station, *Born Vegan* which are about growing up vegan and all things related to veganism, animal rights, and the vegan lifestyle

MICHAEL GREGER, MD (VA) Physician specializing in clinical nutrition; founded NutritionFacts.org; author of the *NY Times* best sellers *How Not To Die* and *How Not to Age: The Scientific Approach to Getting Healthier as You Get Older*

MICHAEL GRIBOV (VA) Michael is the Head of Movement Building at Jewish Vegan Life. Michael's plant-based journey began in his 20s to lower his cholesterol. He ultimately went vegan, and hasn't worried about his health ever since.

LEE HALL, JD, LL.M. (PA) Holds a Master of Laws (LL.M.) in Environment & Climate Law from Vermont Law School; taught animal law and environmental law; authored several books, including *On Their Own Terms: Animal Liberation for the 21st Century*

AMIE HAMLIN (NY) Executive Director, Coalition For Healthy School Food; wrote NYS Legislative Resolution that passed unanimously in the NYS Legislature – requesting vegan entrees each day in school; founder of Growing Peace Farm, a veganic farm outside of Ithaca, NY

DAWN HILTON-WILLIAMS (NC) Founder of Herban Eats; Co-Founding Executive Director of Power is Giving, Dawn Hilton-Williams AKA The Vegucator; author of the clinically-endorsed cookbook, *Flava My Plate: Your Tasty Vegan Guide to Health-Wealth*

JEN HOWK, PHD (VA) Writer; researcher; coach; vegan for twenty years; self-taught permaculture enthusiast; as a coach, she is interested in helping clients discover new ways of thinking about and approaching difficult problems in relationships, work issues, family issues, and health concerns

KATHLEEN KINSOLVING (VA) Vegan; earned a BFA in Film and TV; presented film appreciation classes; teaches English at Centreville High School where her students enjoy such literature and films as the anti-hunting short story, *The Most Dangerous Game*, and the great avian rebellion in *The Birds*

VANCE LEHMKUHL (PA) Director American Vegan Center; AVS' Communications Director; cartoonist; founding member of vegetarian pop band Green Being and author, *Joy of Soy*

SALLY LIPSKY, PHD (PA) Certified in Plant-based Nutrition from the T. Colin Campbell Center for Nutrition Studies; educates about ways to implement and maintain plant-centered eating habits; author of *Beyond Cancer: The Powerful Effect of Plant-Based Eating*; leader of the Pittsburgh Plant-Based Support Group in partnership with PlantPure Communities

LAURIE MARBAS, MD, MBA (SD) Double board-certified family medicine and lifestyle medicine physician who has been utilizing food as medicine since 2012; co-author of *Plant-Based 101: The Ultimate Guide to Mastering the Plant-Based Diet*; co-founder of The Healing Kitchen

MILTON MILLS, MD (VA) Associate Director of Preventive Medicine with the Physicians Committee for Responsible Medicine (PCRM) and co-author of PCRM's report on Racial and Ethnic Bias in the U.S. Dietary Guidelines; serves as the Race & Nutrition Specialist and Board Adviser for A Well Fed World

MYRIAM PARHAM, RD, CDCES (FL) Registered Dietitian, Certified Diabetes Care and Education Specialist; coordinated and taught programs which promote plant based lifestyle at the Advent Health Hospitals for over 27 years; presented nutrition lectures for Dr. John McDougall's Publix program; co-founder of Florida Voices for Animals

JOHN PIERRE (CO) Personal trainer to top celebrities and Fortune 500 CEOs, his client list has included Ellen DeGeneres and Emily Deschanel; vegan nutrition and fitness consultant teaching the principles of compassionate living; author of *The Pillars of Health*

TIM RADAK, RDN DRPH MPH (NC) Earned his masters and doctorate in Public Health Nutrition at Loma Linda University with a specialization in vegetarian nutrition; serves as Academic Coordinator for the Public Health PhD program at Walden University

ROBERTA SCHIFF, MS (NY) Has been presenting at Summerfest for over 10 years; lives in Rhinebek, NY where she is a health educator, nutrition counselor and coordinates Hudson Valley Vegans, planning events and educational outreach activities

ALYSSA SIKORA (CO) Practices a variety of yoga including, Yin, Vinyasa, and Iyengar yoga; Certified Iyengar Yoga Teacher (CIYT) and Registered Yoga Teachers (RYT) 500 through Yoga Alliance. She connected with the Iyengar philosophy because of its emphasis on anatomy and philosophy.

KAREN STEINER (MA) Weighed 220 pounds (at 4'11"); was severely depressed; after a lifetime of yo-yo dieting she figured out how to stop overeating and lost 90 pounds; now she works with people who have a long history of overeating

MICHAEL TAYLOR (MD) Business executive; experience selling complex and high-level projects to executives, engineers, influencers and users; uses these same principals in successful "selling"/converting people to veganism and with a high degree of success in keeping them vegan; contributes to *VegWorld Magazine* as the restaurant "critic"

MARCELLA TORRES (VA) Half of the husband and wife team of competitive bodybuilders behind Vegan Muscle and Fitness; co-owner of the plant-based personal training studio, Root Force Personal Training

DEREK TRESIZE (VA) Three-time natural bodybuilding champion and WNBF pro bodybuilder; A.C.E. Certified Personal Trainer; half of the husband and wife team of competitive bodybuilders behind *Vegan Muscle and Fitness*; co-owner of the plant-based personal training studio, Root Force Personal Training

JULIANA CASTAÑEDA TURNER (COLUMBIA) Co-founder and Executive Director of Juliana's Animal Sanctuary (JAS) which cares for 300 animals; rescued over 3000 animals; vegetarian since the age of five and a vegan since 2006

PAUL RODNEY TURNER (DE) Founder of Food for Life Global, a food relief organization; devoted his life to nourishing the world's most vulnerable populations; founded Impact bars, a range of delicious vegan snacks

SPEAKERS (con't)

ROBERT VICTOR (CA) Formerly Astronomer, Abrams Planetarium, Michigan State University, and originator of their Sky Calendar, now past its 50th year; received Clifford W. Holmes Award for “Major Contribution to Popularizing Astronomy”

LYSE WELLS (CT) Certified teacher with a master’s degree in early childhood education; currently a teacher in a Reggio inspired, nature-based preschool; vegan for over thirty years and has raised her three, now adult, children as lifetime happy and healthy vegans!

KIM A. WILLIAMS, MD, MACC, FAHA, MASNC, FESC (KY) Cardiologist following and promoting a vegan diet; professor of medicine and chair of the University of Louisville Department of Medicine; his focus is on preventive cardiology through nutrition; past President of the American College of Cardiology

AARON WISSNER (MI) 20+ year vegan for the animals; 25+ year teacher, father and founder of the Local Future environmental non-profit

ENTERTAINMENT

BETH ERTZ (NY) Music director, pianist, composer, orchestrator / arranger for theatre and film

VANCE LEHMKUHL (PA) Cartoonist, songwriter and pianist

TIM RADLEY (PA) DJ Shamrock

ROBERT TUCKER (NY) (RT) – DJ, RT Tunes of Pro Show Entertainment

The information conveyed by speakers at Vegan Summerfest is not intended to be a substitute for professional medical advice. Seek your own professional counsel for any medical condition and before starting or altering any exercise or dietary plan.

★ PLEASE VISIT OUR EXHIBITORS AND THE NAVS BOOKSTORE ★

WEDNESDAY, JULY 9

10:00 AM – 10:00 PM – REGISTRATION

Living Learning Center Lobby

2:00 – 2:35 PM – ORIENTATION

Heritage Hall A

Guidance for all Vegan Summerfest “first-timers” - Led by Maribeth Abrams

2:45 – 3:45 PM

Heritage Hall A

Veganism and Mental Health: Exploring the Connection Between Your Food and Your Well-Being (What we eat shapes not just our bodies, but our minds and moods. This session explores the link between veganism and mental health, highlighting how compassionate choices can reduce anxiety, increase clarity, and bring emotional peace. Discover the healing power of living in alignment with your values — and how food can nurture a kinder inner world.)
- Michael Gribov

Heritage Hall B

The 15-Day Whole-Food Plant-Based Jumpstart: A Formula for Success

(Rochester Lifestyle Medicine Institute launches people on the plant-based journey with its engaging, supportive medically-facilitated Jumpstart. Jumpstart is offered both on Zoom and “On-Demand” without meetings. More than 2700 people have taken Jumpstart, with those who are sickest seeing the most improvement. Learn how Jumpstart can help the chronically ill and also heal the planet.) - Ted D. Barnett, MD

University Room

Free Speech for Animals (Do laws banning depictions of animal cruelty violate the First Amendment? Do “ag-gag” laws that bar activists from farms and slaughterhouses abridge freedom of the press? What about laws forbidding the use of words like “milk,” “meat,” and “cheese” in vegan product names? We’ll explore how humans can use free speech to be the voice for nonhuman animals.) - Michael C. Dorf

Campus Room

FOOD YOGA - HOW TO NOURISH YOUR BODY, MIND, AND SOUL (An understanding of how food choices affect not only the body but also the mind and spirit. Practical techniques for mindful eating and food preparation that nourish the soul. Insights into creating a balanced diet that supports both physical health and spiritual well-being. Tools to foster gratitude and mindfulness in daily meals, transforming eating into a spiritual practice.)
- Paul Rodney Turner

Scholar's Room

It's Not All About The Food: Balancing Body, Mind, and Spirit to Lose Weight for Good (In the whole food plant-based world we look at diet as the gateway to good health. And while that's true, if chronic overeating is a problem it's essential to look beyond diet to maintain weight loss. In this workshop we'll look at three strategies — attitude change, mindful eating, and self-acceptance — that will aid permanent weight loss.) - Karen Steiner

4:00 – 5:00 PM

Heritage Hall A

Plant Fibers & a Diverse Microbiome are Essential for Optimal Human Health
- Milton Mills, MD

Heritage Hall B

Genes load the gun, but environment pulls the trigger. (We'll review and discuss published science that can inspire and inform you, and share information you can use right now to help maximize your genetic potential.) - JoAnn Farb

University Room

The Heart of the Movement: Why Farm Sanctuaries Are Essential to Vegan Advocacy (Sanctuaries are more than safe havens for rescued animals—they are powerful catalysts for compassion and change. In this uplifting and eye-opening session, Juliana will share why sanctuaries play a pivotal role in vegan education and advocacy.

WEDNESDAY, JULY 9 (con't)

Learn how these sacred spaces allow people to connect with animals as individuals, not commodities, and how that connection fuels long-term lifestyle shifts. Through emotional stories of rescue and recovery, she'll highlight how sanctuaries dismantle speciesism, provide healing for both animals and humans, and inspire activism rooted in love and empathy. Whether you're an advocate, educator, or animal lover, this talk will deepen your understanding of why sanctuary work is at the heart of the vegan movement.) - Juliana Castañeda Turner

Campus Room

Getting Vegan Food on School Menus (Are you a parent, teacher, school administrator, or interested community member? Would you like to see vegan options on your local school menu? If so, come to this workshop to learn more!) - Amie Hamlin

Scholar's Room

Branding and Messaging: How Vegan Businesses Build Loyalty and Community (In a marketplace crowded with choices, vegan businesses are standing out by doing more than just selling products—they're building movements. Through intentional branding and messaging rooted in shared values, these companies are creating deep emotional connections, loyalty, and communities around their mission. Learn to apply these strategies to your personal brand and your business brand.) - Michael Taylor

John P. Murtha Center, Assembly Hall

Find Your Fitness (How fit are you? We'll do numerous assessments to check our cardiorespiratory fitness, our muscular strength and endurance, our flexibility and our body composition. Bring a yoga mat if possible.) - Eileen Wieder Crone, RD, MS, ERYT500

7:15 PM - OPENING PLENARY SESSION

Pasquerilla Performing Arts Center

Emcee: Maribeth Abrams

The North American Vegetarian Society Welcomes You

Guide to Summerfest, Announcements

The Power of YOU: 5 Steps to Vital Health

(In this high energy presentation learn 5 tangible strategies to revitalize your health and thrive for decades to come!)

- Stephan Esser, MD (45 min)

Why Humane Meat is a Myth and How Propaganda Works

(Does humane meat exist? Is it possible to humanely raise and kill animals for food? In this presentation Sarina explores how to reconcile the fact that most people are against animal abuse and suffering, and yet as a society we are confining, harming, and slaughtering billions of non-human animals every year for meat and dairy consumption.)

- Sarina Farb (30 min)

8:45 PM (or immediately after the plenary session)

Heritage Hall - Living Learning Center

GET ACQUAINTED PARTY

Time to have fun, meet other attendees

9:40 PM

EVENING SKY WATCHING

Meet in Front of the Living Learning Center

We'll begin with a tour of brightest stars, including the Summer Triangle of Vega, Altair, and Deneb in east, Antares in south, and Arcturus and Spica in southwest. AT 10 PM, WE WALK TO ATHLETIC FIELDS to see Moon among stars of Sagittarius. Antares due south at 10:33 PM tonight, and four minutes earlier nightly. - led by Robert Victor

★ PLEASE VISIT OUR EXHIBITORS AND THE NAVS BOOKSTORE ★

THURSDAY, JULY 10

6:00 – 7:15 AM – BIRD WALK

Meet in front of the Living Learning Center
Emphasis will be on identifying birds by sight and sound (Binoculars optional, but desirable.) - Ted Barnett, MD

6:30 – 7:30 AM – YOGA

John P. Murtha Center, Assembly Hall
Morning Yoga with Alyssa (we will explore somatic sensations and connect the breath with movement. Please bring a mat or any other supportive props with you to class.)
- Alyssa Sikora, RYT 500, CIYT

9:30 - 10:30 AM

Engineering & Science Bldg. – Auditorium
Ask the Doctor: Health / Nutrition Q&A
(Bring your questions and ask this expert who will offer thoughts, opinions, support, and general recommendations for your inquiring minds) - Michael Greger, MD

Heritage Hall A

How to Stay Vegan and Why Some Don't
(Given what is known about the health and environmental benefits of eating a plant-exclusive diet, how can some people feel like veganism isn't working for them? We'll explore this topic and then provide tips for not just surviving, but thriving as a vegan.)
- JoAnn Farb

Heritage Hall B

Our Earth and Our Food: Securing the Future for the Next Generation (The climate crisis demands action — and our food choices matter. This powerful session explores how animal agriculture fuels environmental harm and how plant-based eating can protect ecosystems, uplift communities, and ensure a livable future for the next generation. Discover how conscious consumption is key to a more sustainable and just world.) - Michael Gribov

University Room

Emergency preparedness 101 (This class will teach essential skills for emergency preparedness, focusing on how to create a comprehensive emergency bag and

implement efficient evacuation procedures. Participants will learn what items to include in their emergency bag, how to prioritize their needs, and how to ensure their bag is ready for a variety of situations. Additionally, the class will cover practical evacuation strategies, such as creating a family emergency plan, identifying safe evacuation routes, and understanding the importance of timely and calm actions during an emergency.) - John Pierre

Campus Room

Relationships Workshop (Family, coworkers, friends, neighbors, and dates — all can be fun to interact with when you are vegan (or going vegan), and they are not. Let's discuss how to successfully keep your relationships and your values!) - Anne Dinshah

Scholar's Room

Vegan LOLs: Writing Satire to Spark Change (Do you love The Onion and/or Babylon Bee? Get ready to create your own vegan “news” story! First, bring your hilarious, quirky article idea. Then, apply the streamlined template developed by top vegan satire writer Chrissy Benson. Leave with your ready-to-post vegan “news” story that could potentially go viral and change how the world sees animals, veganism, and/or our so-called “food” system.)
- Chrissy Benson

11:00 -12:00 AM

Engineering & Science Bldg. – Auditorium
Liver and Your Lifestyle (How does your Liver work and how does a Plant Based diet keep it performing optimally?)
- Stephan Esser, MD

Heritage Hall A

Plant-Based Nutrition and Changing Medical Paradigms (Why do changes in scientific knowledge take so long to be put into medical practice? Why treat heart disease with drugs and procedures when we've known since the 1990's that it can be arrested and reversed with lifestyle changes? See how this parallels the

THURSDAY, JULY 10 (con't)

evolution of breast cancer surgery, ulcer treatment and medical hygiene, in this lively presentation!) - Ted D. Barnett, MD

Heritage Hall B

Eating for Optimal Health (This presentation brings together a wealth of information about the health benefits of whole-food plant-exclusive diets and the health risks of the standard American diet. Concluding with suggestions and tips on how to easily transition to a whole-food plant-exclusive diet.) - Mylan Engel Jr.

University Room

Dismantling Food Apartheid: A Recipe to Eradicate Systemic Optimal Health & Wellness Inequities (Well-intentioned efforts often fail in underserved communities not from a lack of knowledge but from missing cultural context. In this session, Dawn reveals the roots of food apartheid and offers a culturally fluent recipe for dismantling systemic health and wellness inequities.) - Dawn Hilton Williams

Campus Room

Managing Empathy Burnout: Strategies for Emotional Resilience (Compassion is a core value for many of us and is a healthy part of our humanity. At the same time, as compassionate vegans and/or activists, we may find ourselves experiencing compassion fatigue or empathy burnout. This session focuses on how we can strengthen mindfulness and emotional self-care skills to manage empathic distress and lessen the risk of burnout.) - Angela Crawford, Ph.D.

FOREST BATHING

Meet in front of the Living Learning Center Mindful Outdoor Meditation (also known as forest bathing or shinrin-yoku) - (Join Eileen for a session to relieve tension, manage stress and simply enjoy being outside in the "more-than-human" world (nature!) We'll meander through the forest slowly, pausing to use our senses, absorb the natural healing aerosols from

the plants as we get to know the forest. We conclude with a brief tea ceremony and sharing. Wear appropriate footwear with sun and insect protection.) - Eileen Wieder Crone, RD, MS,

1:45 – 2:45 PM

Engineering & Science Bldg. – Auditorium
Chemistry for Understanding Nutrition:
Dietary Fat - Milton Mills, MD

Heritage Hall A

Nutrition and Nutrient Review, and Planning Guide – Reaching Optimal Whole Food Plant-based or Vegan Diet Excellence and a strategy for healthcare reform (In this lecture, participants will learn to: Describe and understand the nutritional and nutrient benefits of a well-planned vegan diet, why this diet is optimal for health and disease prevention when correctly followed; describe and understand nutrition and nutrients of potential concern and strategies for achieving maximal/optimal vegan nutrition; discuss caveats when patients switch from Omnivore diets to Plant-based Vegan Diets (variety and diversity, ultra-processed foods, meat analogues); learn why plant-based diets need to be the centerpiece for reforming the healthcare crisis; and discuss available vegan health promotion research and support materials for achieving dietary excellence.) - Tim Radak, MPH, DrPH, RDN

Heritage Hall B

Eating Sustainably, Eating Well (What we eat has a profound impact on the environment and on our health. This presentation explores the most effective, health-promoting ways to lower our food-related environmental impact, while debunking certain widely held myths about eating green.) - Mylan Engel Jr.

University Room

Empowering Adults to Educate About Veganism and Animal Rights Respectfully (This talk is designed for adults who want to educate others about veganism and

animal rights in a positive, non-invasive way. It provides practical tools to communicate effectively, foster understanding, and inspire change without confrontation. Whether you're a parent, educator, or advocate, you'll learn how to engage in meaningful discussions that encourage curiosity and awareness while respecting different perspectives.)

- Juliana Castañeda Turner

John P. Murtha Center, Assembly Hall

Journal + Yoga Practice (Discover how journaling can enhance your svadhyaya (self-study) in your yoga practice. Led by Alyssa Sikora (CIYT, RYT 500), a journaling enthusiast, with a background in English and federal analysis, this interactive class delves into topics such as the mind-body connection, breath, asana, and yoga philosophy. Please bring your mat and some writing materials with you to this class.)

- Alyssa Sikora

Studio Theater

Pasquerilla Performing Arts Center

Fitness Form Clinic: Common Mistakes Corrected to Improve the Safety and Effectiveness of Key Exercises (Maximize the benefits of your hard work and minimize the risk of injury by learning how to properly execute common exercises! In this class, we will go through a moderate, total body resistance program using body weight only, demonstrating proper technique for each exercise and assisting participants on how to improve or modify technique for optimal results.)

- Derek Tresize

3:00 – 4:00 PM

Engineering & Science Bldg. – Auditorium
5 Strategies to Prevent and Reverse Type 2 Diabetes (Learn 5 tangible strategies to prevent and reverse Type 2 Diabetes through simple science-proven lifestyle measures.) - Stephan Esser, MD

Heritage Hall A

The Power of One: How Personal Transformation Creates a Ripple for

Global Change (Discover how our individual diet and lifestyle choices can create powerful personal and global transformation. Through stories, mindset shifts and her personal experience, Sarina shares how aligning your actions with your values leads to lasting joy, purpose, and impact. Walk away inspired, reconnected, and ready to be the change you want to see.) - Sarina Farb

Heritage Hall B

Growing up Vegan (Meet and hear from kids who are being raised vegan! This is a very popular panel presentation, and if you have kids who would like to participate, please text Amie Hamlin, the moderator, at 631-525-3650. Don't miss this heart-warming presentation. It gives us lots of hope for the future!) - Amie Hamlin

University Room

Herbs & Spices, Benefits & Concerns

(Will discuss the differences between herbs and spices and some of the health benefits. Will identify some that may be toxic, if consumed in excess. Will share some storing tips and how to use them for best results.) - Myriam Parham, RD, CDCES

Campus Room

Harnessing the Stages of Change to

Empower Yourself and Others (Explore the science of behavior change to help yourself (and others) on the path to a healthy lifestyle. Drawing on the Trans theoretical Model of Change, this class will help to better understand why we get stuck, and how we can overcome obstacles to live a healthier life. These insights can also help us be more effective in supporting others in their vegan transition.)

- Angela Crawford, Ph.D.

The gazebo near the Student Union

Juggling Playshop Adults and Teens

(Learn to juggle! It's a fun challenge and this will help. We'll start with one ball and go from there. Already juggling? Come and learn new patterns, club juggling and ball/club passing) - Chip Ballew

THURSDAY, JULY 10 (con't)

4:10 PM – PLENARY

Pasquerilla Performing Arts Center

Emcee: Ilyse Wells

Plant-Based Health Care: Prescription

Reversal (In America we do not have a “Health Care” system, but rather a “Disease Management” system that prioritizes system revenues over population health. At least 80% of our \$4.5 trillion healthcare spend goes towards managing diseases that are largely preventable and commonly reversible with some straightforward lifestyle measures. While we await a shift to a more rational approach that addresses the root cause of our most common chronic diseases, we can each choose a path to personal health. By embracing this path, we inspire others, contributing to the Lifestyle Medicine movement that ultimately will transform America and spread genuine health across the nation.) - Robert Breakey, MD (30 min)

Food and Mood: Nurturing Mind, Body, and Spirit (Strong research evidence shows the benefits of a plant-based diet for physical health. What about the effects on mental health and emotional well-being? While emotional health is complex, nutrition is an important contributor to our emotional well-being that is often overlooked. This session explores the importance of plant-sourced nutrition in strengthening emotional health and resilience. In addition, we will discuss larger connections between veganism and mind-body-spirit flourishing.)
- Angela Crawford, Ph.D. (30 min)

7:15 PM – PLENARY

Pasquerilla Performing Arts Center

Emcee: Aaron Wissner

Are You Thriving? Annual Labs For Plant-Based Eaters (We walk through the essential annual labs every plant-based

eater should know, and more importantly—how to use those results to confidently tweak your diet for optimal health. We'll cover nutrients of concern, what your labs really mean, and simple, actionable adjustments to help you not just survive, but thrive on a whole-food, plant-based lifestyle!) -Laurie Marbas, MD, MBA (40min)

Healthy Brain: Better Life (Surveys show that people fear the debility, dependency, and cognitive decline associated with dementia, strokes, and other brain diseases even more than death itself. The good news is that, like many chronic diseases, these conditions are largely preventable and can be potentially reversible in their early stages through straightforward lifestyle changes.) - Robert Breakey, MD (40min)

8:50 PM (or immediately after the plenary session)

Heritage Hall – Living Learning Center **EVENING SOCIAL AND KARAOKE PARTY**

Join host RT Tunes of Pro Show Entertainment and let your talent shine at our Karaoke party
Light refreshments available.
Time to meet and socialize with other attendees.

9:40 PM – EVENING SKY WATCHING

Meet in Front of the Living-Learning Center
View bright stars of contrasting colors!

NEXT, AT 10 PM, WE BEGIN OUR FULL MOON WALK TO ATHLETIC FIELDS and find Moon 13° farther east than last night. Antares passes south at 10:29 PM tonight, preceding by 3¼ hours the far southern Moon, highest at 1:43 a.m., some 5° lower than December's solstice midday Sun.
- led by Robert Victor

★ PLEASE VISIT OUR EXHIBITORS AND THE NAVS BOOKSTORE ★

FRIDAY, JULY 11

6:00 – 7:00 AM

Track at the Athletic Fields

The magic of movement (In this outdoor workout you will experience the physical movements to keep limber and strong. JP and Anne will take you through a series of motions to stimulate and strengthen your body from head to toe.) - John Pierre and Anne Dinshah

6:30 – 7:30 AM – YOGA

John P. Murtha Center, Assembly Hall

Morning Yoga with Alyssa (we will explore somatic sensations and connect the breath with movement. Please bring a mat or any other supportive props with you to class.) - Alyssa Sikora RYT 500, CIYT

9:30 – 10:30 AM

Engineering & Science Bldg. – Auditorium

Food Addiction: Concept, Conflict and Vitality

(You KNOW what to eat to be vibrant, so why do you often do the exact opposite? In this energetic presentation learn about food addiction and powerful tactics to break free from the cycle and reclaim your BEST health today!) - Stephan Esser, MD

Heritage Hall A

The Vegan Thing: How Far Back Does It Go?

(Did you know that the first-ever philosophy was a vegetarian philosophy? Or that specifically vegan practices predate even that? Did you know that vegetarians and vegans were the first targets of the Inquisition? Or that the transatlantic movement to abolish slavery was founded by vegetarians? It turns out that the vegan ideal has been a central, foundational part of Western Culture pretty much from the beginning. Building off the groundbreaking research and efforts of Rynn Berry, here is a look at the little-known but long-running veg history that has built our modern-day society.) - Vance Lehmkuhl

Engineering & Science Bldg. – Room 241

The Elon Effect on the Future of Animals and Veganism (We need to talk about Elon,

we need to do it now, and we need to do it as a community. This topic could easily span a week, but let's do it in an hour!

This new offering is designed just for the Summerfest 2025 community.) - Lee Hall

University Room

Relationships Workshop (Family, coworkers, friends, neighbors, and dates -- all can be fun to interact with when you are vegan (or going vegan), and they are not. Let's discuss how to successfully keep your relationships and your values!) - Anne Dinshah

Campus Room

Writing for a Kinder World: Fiction & Non-Fiction as Vegan Activism

(Join vegan authors, Chrissy Benson and Angela Crawford for a dialogue about their writing and publishing journeys. Topics will include: writing as a form of activism, the power of our unique voices and perspectives, the pros and cons of fiction versus non-fiction books, and navigating the modern-day book publishing landscape. There will also be time allotted for Q&A from the audience.) - Angela Crawford, and Chrissy Benson

Studio Theater

Pasquerilla Performing Arts Center

Balance, coordination and fall prevention

(This class is JP's most popular movement class. JP will cover the importance of why training your balance and coordination are the real keys to longevity, health and vitality. You will do practical and very functional movements that will wake up your nervous system and challenge your balance. Most importantly, you'll learn one of the most critical skills as you age, fall prevention.) - John Pierre

11:00 – 12:00 AM

Engineering & Science Bldg. – Auditorium

Are Humans Designed to Eat Meat - Part 1

(Comparative anatomy discussion of mammalian carnivores and herbivores and humans to show that humans are complete and committed plant eaters and that we are not omnivores.) - Milton Mills, MD

FRIDAY, JULY 11 (con't)

Heritage Hall A

I'm not that kind of vegan (Do negative stereotypes of, “pushy vegans” discourage you from sharing what is in your heart? Does fear of judgment from those unwilling to face their own cognitive dissonance work against facilitating the peaceful revolution veganism seeks to evolve? What happens when someone says, “I’m not that kind of vegan?”) - JoAnn Farb

Engineering & Science Bldg. – Room 241

Faith and Food: The Marriage You Didn't Know You Needed (Faith traditions have long used food to foster meaning and connection — but they also call us toward compassion and justice. This session explores how veganism aligns with spiritual values across Judaism, Christianity, Islam, Hinduism, and more, offering a powerful path to deepen both faith and ethics through the simple, sacred act of eating.) - Michael Gribov

University Room

Fat & Fiber, Concerns & Benefits – for Achieving a Healthy Weight & More! (For concerns about overall health and weight some of the most important questions you should be asking yourself are: “Where do I get fiber and am I getting enough? Am I getting too much fat and which should I limit? The least important question may be, am I getting enough protein? Label reading tips provided.) - Myriam Parham, RD, CDCES

Campus Room

Veganism Thru the Years (The history of the modern U.S. vegan movement over the last 65 years.) - Freya Dinshah

Scholar's Room

Anthony Benezet: World's Greatest Vegetarian? (Anthony Benezet not only ate vegetarian for the last 25 years of his life but took a prominent stand for non-human animals in various circumstances. His “amity and peace” with animals was part of a “moral ecology” than guided him

to sustainable land-use solutions and to advocating for the education of girls and disadvantaged populations. It was all very much connected with his being the one person in history most responsible for the campaign to abolish human slavery. You may be shocked at how little you’ve been told about this incredible 18th-century Quaker who changed the world.) - Vance Lehmkuhl

1:45 - 2:45 PM

Engineering & Science Bldg. – Auditorium
From Gym to Table: Nutrition and your Orthopedic Health (Learn how what you eat radically influences your joint, tendon and bone health. Whether you are a competitive athlete or just looking to reduce your chronic knee pain, this presentation is for you.) - Stephan Esser, MD

Heritage Hall A

Fishy Reasoning and the Ethics of Eating (Ethical vegetarians believe that it is wrong to eat meat. Yet, many self-described ethical “vegetarians” continue to eat fish. In this talk, I explore fish minds and explain why fish deserve moral consideration equal to that owed birds and mammals and should be left off our plates.) - Mylan Engel Jr.

Engineering & Science Bldg. – Room 241 **Self-Care and Our Human Identity**

(Explore the ways in which individual self-care to maintain health and prosperity connects with a safe and fair operating space for human self-identity. Spoiler alert: Respect for our living planet is indispensable.) - Lee Hall

University Room

The Power of Food to Unite: A Spiritual Path to Compassionate Living (Food is more than fuel—it’s a sacred expression of love, culture, and consciousness. Mindful food preparation, offering, and sharing can transform not only our health but our hearts and communities. Learn how to elevate your relationship with food from transactional to

transformational—and discover a lifestyle that honors animals, the Earth, and your soul's higher purpose. This talk will awaken your appetite for a more compassionate, peaceful, and connected world—one meal at a time.) - Paul Rodney Turner

Studio Theater

Pasquerilla Performing Arts Center

The 15-Minute Strength Workout (It can be hard to start a consistent exercise routine that is simple and effective enough to fit into a hectic schedule. In this class we will lead you through a beginner workout designed to build strength and muscle, combat common problems like shoulder and hip tightness, and strengthen key areas that are prone to injury. It's a great place to start resistance training because it requires no equipment and can be done regularly at home in less than 15 minutes!)

- Derek Tresize and Marcella Torres

Owen Library Field (If raining the gazebo near the Student Union)

Circus Skills Playshop Adults and Teens

(Learn and practice fun circus skills! Juggling, rola-bola, diabolo, poi, juggling stix. Jugglers could learn new patterns with balls, club juggling and ball/club passing.)
- Led by Chip Ballew

3:00 – 4:00 PM – FOOD DEMONSTRATION

Heritage Hall B & C

Whole Food Plant Based Treats that are Easy & Delicious! (Who says no oil, no sugar cooking is boring? Come and experience several delicious treats including Many Way Muffins, Black Bean Brownies, and Holiday Cashew Cheese Balls.)
- Amie Hamlin

Engineering & Science Bldg. – Auditorium **Are Humans Designed to Eat Meat - Part 2**

(Comparative anatomy discussion of mammalian carnivores and herbivores and humans to show that humans are complete and committed plant eaters and that we are not omnivores.) - Milton Mills, MD

Heritage Hall A

Deconstructing the Ex-Vegan

Phenomenon (In the last few years an increasing number of well-known vegan influencers and high profile celebrities such as Miley Cyrus have ditched their vegan diets and very publicly announced that they feel better eating meat and other animal products. But what's really going on here? Why do some people become ex-vegans and what can we do to prevent this from happening?) - Sarina Farb

Engineering & Science Bldg. – Room 241

Transitioning from a Plant based diet to a PLANET- based lifestyle

(There is more than just food that contributes to your health, happiness and wellbeing. Your home environment and household products, items you use daily and your mental state all contribute to your well being. PLANET-Based Living is a life style practice that encourages living with harmony: harmony with oneself; harmony with those around us, not just humans, but all beings; and harmony with Mother Earth) - John Pierre

University Room

Raising Vegan Children (Panel) – Ilyse Wells, (moderator) Maribeth Abrams and Alyssa Sikora

Campus Room

Normalizing Veganism through the Arts - Carrying the Vegan Message through Fiction and Humor

(While “in your face” vegan activism has its place, just as important is the process of normalizing veganism in literature and mainstream media to make the vegan lifestyle more visible and accessible to the average, everyday person. This interactive workshop will explore how we can “harness” the power of the arts, particularly fiction and humor, to further the vegan cause.) - Chrissy Benson

4:15 – 5:15 PM PLENARY

Pasquerilla Performing Arts Center

Emcee: Aaron Wissner

Plant-Based Cancer Prevention (Adopting

FRIDAY, JULY 11 (con't)

a Whole-Food Plant Based diet, is one of the most effective ways to lower the risk of falling victim to this widely feared and often fatal disease, and also of preventing a recurrence for those who have previously been diagnosed.) - Robert Breakey, MD (30 min)

The Mindful Plate: Become the Plant-Based Eater You're Meant to Be (We'll go beyond what's on your plate and into the beliefs and habits that shape your health. You'll discover how to align your daily choices with your identity, using proven habit-formation science to confidently say, "This is who I am." Learn how to create effortless consistency, navigate setbacks with grace, and truly thrive on your plant-based journey.) - Laurie Marbas, MD, MBA (30 min)

5:00 – 11:00 PM – WEEKEND PACKAGE REGISTRATION
Living Learning Center Lobby

Pasquerilla Performing Arts Center

7:15 PM - PLENARY
Emcee: Maribeth Abrams

Kidney Health and Nutrition: (Why your Kidneys are so important to your health and how a Plant Based Diet can prevent and reverse kidney disease)
- Stephan Esser, MD (40 min)

What is the Role of Ultra-processed Plant-based Products in the Diet? (Unlike other ultra-processed foods, plant-based milks and meats are healthier than the foods they were designed to replace, but how do they compare to whole plant foods? In this new talk, Dr. Greger will explore how important it is to shift from just minimizing animal products to also minimizing the intake of processed foods.)
- Michael Greger, M.D. FACLM (60 min plus 30 min Q &A)

9:35 PM (or immediately after the plenary session)
Heritage Hall - Living Learning Center
EVENING SOCIAL AND DANCING
Music provided by DJ Shamrock -. Light refreshments available.

9:40 PM – EVENING SKY WATCHING
Meet in Front of the Living-Learning Center
WE'LL WALK TO THE ATHLETIC FIELDS AT 10 PM. A lineup of zodiac markers awaits, from west to east: Regulus setting and Mars, in Leo; Spica in Virgo; Zubenelgenubi in Libra; Antares, south at 10:25 p.m., in Scorpius; Kaus Borealis, northern star of Archer's bow, in Sagittarius; and a rising Moon, in Capricornus Friday and Saturday.
- Led by Robert Victor

SATURDAY, JULY 12

6:00 – 7:15 AM – BIRD WALK
Meet in front of the Living Learning Center
Emphasis will be on identifying birds by sight and sound (Binoculars optional, but desirable.) - Ted Barnett, MD

6:00 – 7:00 AM
Track at the Athletic Fields
The magic of movement (In this outdoor workout you will experience the physical

movements to keep limber and strong. JP and Anne will take you through a series of motions to stimulate and strengthen your body from head to toe.) - John Pierre and Anne Dinshah

6:30 - 7:30 AM – QI GONG AND TAI CHI
John P. Murtha Center, Assembly Hall
Qi Gong and Tai Chi Easy (Allow the body, breath and mind guide you through gentle

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movement, guided breath work and a short meditation, plus self-massage. Tai Chi has been shown to boost energy, reduce risk of chronic disease and increase strength and balance.) - Eileen Wieder Crone, RD, MS, ERYT500

8:45 AM – 9:45 AM

Engineering & Science Bldg. – Auditorium **“Remember the ‘Stress Related’ Pillars...”**

(The American College of Lifestyle Medicine defines 6 pillars of Health that form the basis for the prevention and optimal management of our most common chronic diseases. While the Nutrition and Exercise pillars often take center stage, the “Stress Management, Avoiding Risky Substances, Sleep and Social Connectedness” pillars are also critically important. We will explore why and how integrating guided meditation, optimizing sleep quality, keeping toxins out of your body and staying connected to others can enhance your long-term health and vitality.) - Robert Breakey, MD

Heritage Hall A

Too Much and Never Enough: Shame and Self-Loathing in the Plant-Based World

(So many of us feel that we are both “too much” and not enough—not pretty enough, not thin enough, or not a “healthy enough” vegan or not doing “enough for the movement.” This talk explores the idea that we have developed an addiction to our own inadequacy to manage our shame, and that there is a better way forward.) - Jen Howk

Engineering & Science Bldg. – Room 241

Animal Activism for Introverts (As a vegan, you can greatly enhance your impact by persuading others to join our movement. But what if you're an introvert? You're uncomfortable at rallies, tabling, or posting provocative memes on social media. Do you just have to “get over it?” We'll workshop means of spreading the message that won't give you a panic attack.) - Michael C. Dorf

University Room

What the Bible has to Say About Plant-based Diets & Animal Rights (There is

strong and extensive support for a vegan diet and animal rights in the Judeo-Christian Bible. This session explores that evidence in an open discussion format.) - Milton Mills, MD, and Roberta Schiff

Campus Room

A Plant-Based Eating Primer (The workshop will focus on basics of plant-based eating and suggestions for incorporating the practice into your daily routine. With an emphasis on ease and convenience, content will focus on meal prep, shopping tips, sample dishes, as well as practical guidelines for eating outside your home. This session is especially appropriate for those newer to whole food, plant-based lifestyle.) - Sally Lipsky

Scholar's Room

Self-Love for Vegans (We vegans are wonderful at caring for many living beings, but too often we neglect one very important animal: ourselves. Self-love is NOT a luxury; it's a requirement. But what is it, and how do we get it? Hint: there's a recipe that you can follow to lay a foundation for your activism and your life. And in case you're wondering, yes, it's vegan!) - Chrissy Benson

Studio Theater

Pasquerilla Performing Arts Center

Good Posture and Flexibility: Fitness that Supports your Long-Term Vitality

(Posture and flexibility are often overlooked in daily fitness. Yet, these key aspects of your health have a far reaching impact. Improving your posture and flexibility will not only improve your exercise performance, decrease your risk of injury, and improve your mood, but it may even reduce your risk of chronic disease! Derek Tresize will briefly discuss all of the above reasons why posture and flexibility are so vital, then lead the group on posture auto regulation and go through a routine that will increase heart rate and stretch all major muscle groups with both static and dynamic stretching. Suitable for all ages and fitness levels.) - Derek Tresize

President's Room

A Toast! To Lentils...And Empathy. (Science

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and media are so obsessed with food technology, they forget to think or care about what a sustainable humanity actually looks like. "Tech bros" and philanthropists who ignore traditional knowledge claim to hold the keys to feeding the world. Let's talk about this.) - Lee Hall

10:00 – 12:00 PM - PLENARY

Pasquerilla Performing Arts Center

Emcee: Aaron Wissner

Cardiovascular Risk, Evidence-Based Nutrition, and Barriers to Implementation.
(including Q & A)

- Kim Allan Williams, MD (75 min)

Power Foods for Weight Loss and the Best of Health (Certain foods increase the metabolism, tame the appetite, and promote healthy weight loss without counting calories. They turn into a delicious French Toast, Creamy Chipotle Butternut Soup, a spicy Southwest Chili, Triple Berry Sorbet, and other delights. In scientific studies, they promote easy weight control. This presentation presents the magic of how foods affect our bodies.) - Neal Barnard, MD (45 min)

1:45 PM – 2:45 - PLENARY

Pasquerilla Performing Arts Center

Emcee: Ilyse Wells

Power Foods for the Brain (Of all the diseases we never want to have, at the top of the list is Alzheimer's disease, but it means losing everything that ever mattered to us. Research has shown that certain foods and lifestyle habit help protect the brain. Also, many Alzheimer's cases may be caused by viruses. This presentation will show how to defend yourself.) - Neal Barnard, MD (45 min)

Veganic Gardening and Farming: The missing link for vegans. - Amie Hamlin (10 min)

3:00 – 4:00 PM -FOOD DEMONSTRATION

Heritage Hall B & C

Cooking Demo: Shortcut Nawlin's Creole Red Beans & Creamy Coconut Dino Kale (a savory, silky blend of greens infused with flava-forward, plant-based magic. Learn how to shortcut your way to healthy com-

fort using techniques that nourish, satisfy and hit all the right notes!) - Dawn Hilton Williams

Engineering & Science Bldg. – Auditorium
Nutrition and Nutrient Review, and Planning Guide – Reaching Optimal Whole Food Plant-based or Vegan Diet Excellence and a strategy for healthcare reform

(In this lecture, participants will learn to: Describe and understand the nutritional and nutrient benefits of a well-planned vegan diet, why this diet is optimal for health and disease prevention when correctly followed; describe and understand nutrition and nutrients of potential concern and strategies for achieving maximal/optimal vegan nutrition; discuss caveats when patients switch from Omnivore diets to Plant-based Vegan Diets (variety and diversity, ultra-processed foods, meat analogues); learn why plant-based diets need to be the centerpiece for reforming the healthcare crisis; and discuss available vegan health promotion research and support materials for achieving dietary excellence.) - Tim Radak, MPH, DrPH, RDN

Heritage Hall A

Ask an Ethicist (Got a question about animal rights, environmental ethics, or ethical veganism that you've always want to ask a professor who teaches animal ethics or animal law? Ever gotten a really tough question about the ethics of eating that you weren't sure how to answer? Join us for this question-generated open discussion concerning the ethics surrounding animal rights and veganism. We'll provide answers that can help you better advocate for ethical veganism.) - Mylan Engel Jr.

University Room

Local Vegan Groups: Starting One and Keeping It Alive (Panel) - Ted Barnett (moderator) Carol Barnett, Roberta Schiff and Amie Hamlin

Campus Room

Sustainable and Effective Activism: What does that look like? (Are all types of vegan and animal advocacy equally effective, and

how do we measure the impact of our advocacy and campaigns? In this workshop we'll discuss some of the common strategies and types of grassroots animal and vegan advocacy tactics, what the strategy and purpose of each is, and how we can determine what is personally most effective for us to spend our time working on.) - Sarina Farb

The gazebo near the Student Union

Hackysack Playshop (Hackysack (aka footbag) is a fun and cooperative game and is also one of the earliest. Very challenging at first, but tips, coaching and practice helps. First timers to experienced players welcome (teens and adults.) - Chip Ballew

4:10 – 5:10 PM

Engineering & Science Bldg. – Auditorium
Meat Eating & Mind Games: Why Humans Change the Way Animal Flesh Looks, Smells & Tastes to Make it Acceptable - Milton Mills, MD

Heritage Hall A

The Vegan Love Quest: Navigating Dating, Romance, and Relationships as a Vegan (Join happily married longtime vegan advocate JoAnn Farb and former professional matchmaker, therapist, and author Chrissy Benson for an interactive discussion of navigating dating and relationships as a vegan. Learn tips, strategies, and insights for finding connection, maintaining integrity, and thriving in love—while staying true to your values in our not-yet-vegan world.) - JoAnn Farb and Chrissy Benson

Engineering & Science Bldg. – Room 241

Simple living: The antidote to life's stresses (This class on simple living focuses on reducing clutter, minimizing stress, and embracing a more intentional lifestyle. Participants will learn practical strategies for decluttering their homes, managing time and finances efficiently, and cultivating mindfulness. The class encourages sustainable living practices, prioritizing quality over quantity, and finding contentment in life's essentials, fostering a balanced, meaningful life.) - John Pierre

University Room

Animal Rights, Rewilded? (Let's check in on the state of our living planet: life on land, in the air, and in the sea. Then, let's explore how the art of animal liberation imagines and creates a "rewilded" take on advocacy.) - Lee Hall

Campus Room

Wishful Thinking Won't Cook Dinner: Practical Habits for Plant-Based Success (Intentions are great—but dinner still needs to get on the table! Discover how to ditch decision fatigue and make plant-based living easy with meal planning hacks, smart shopping, and kitchen habits that do the heavy lifting for you.) - Laurie Marbas, MD, MBA

Scholar's Room

Diabetes & A Vegan Diet (Will discuss the benefits and some myths related to diet and diabetes and how to prevent it or achieve better blood sugar control with a plant-based diet. This approach to nutrition and meal planning is ideal for the entire family. It is a healthy lifestyle for all that will reduce the risk of getting diabetes, other chronic degenerative disease, and reduce or reverse some of the complications associated with diabetes.) - Myriam Parham, RD, CDCES

5:30 – 7:00 PM – FAREWELL DINNER

(Serving until 7:00 PM)

7:15 PM - MUSICAL PRELUDE

Pasquerilla Performing Arts Center

Performed by Vance Lehmkuhl

7:30 PM – SPECIAL PRESENTATION

Emcee – Maribeth Abrams and Vance Lehmkuhl

Musical Performance by the Summerfest Children (5 min)

Everything You Wanted to Know about Fish but Were Afraid to Ask (Holy mackerel! People are eating a lot of fish these days. But how do fish and fishing affect our health, our environment, and, for that matter, the fish? This presentation dives into

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each of these areas, describing common fishing techniques and their environmental effects, as well as what we know about the effects of fish on health.)

- Neal Barnard, MD (35 min)

NAVS Hall of Fame – Induction Ceremony
(20 min.)

A special musical performance by some of our Summerfest Speakers and Attendees - coordinated by Beth Ertz. (7 min)

8:45 PM or Immediately following the Special Presentation – until 1:00 AM

EVENING SOCIAL & DANCING

Heritage Hall

Living Learning Center

It's our last night together, so you won't want miss this chance to mingle, dance and

see the new friends you've made this week.

Music provided by RT Tunes of Pro Show Entertainment

Light refreshments available.

9:40 PM – EVENING SKY WATCHING

Meet in Front of the Living Learning Center
We will depart for the athletic fields at 10:00 PM, in time for 10:20 PM moonrise.

Summerfest's darkest evening has plenty of moonlight, so Milky Way will appear only as isolated patches, best ones inside the Summer Triangle and above Teapot's spout. Inside huge quadrilateral Arcturus-Vega-Altair-Antares, brightest star is 2nd-mag. Rasalhague, head of physician Ophiuchus, the Serpent-Bearer.

- Led by Robert Victor

SUNDAY, JULY 13

6:30 AM - MEMORIAL SERVICE FOR THE ANIMALS

Whalley Memorial Chapel

(Inter-religious/Non-denominational)

Inspirational readings and music

- Beth Ertz

6:30 - 7:30 AM – YOGA

John P. Murtha Center, Assembly Hall

Wake Up Yoga (Light vinyasa yoga to warm up and wake up the body, mind and soul.

Class includes postures, with emphasis on breathing and quieting the mind. Bring a yoga mat for a safe and effective practice.)

- Eileen Wieder Crone, RD, MS, ERYT500

8:30 – 9:30 AM

Engineering & Science Bldg. – Auditorium
Chemistry for Understanding Nutrition

(Normal Values – What's Normal – What's Needed – What's Good) - Milton Mills, MD

Heritage Hall A

From Plants to Peak Performance: The VO2 Max Secret to a Longer, Healthier

Life. Cardio Science Meets Plant-Based Power (Learn how you can unlock a longer, healthier life by improving your VO2 Max.

Derek Tresize will explore groundbreaking research linking high-performance cardio fitness to reduced chronic disease and prolonged youth, spotlighting fit populations and elite athletes. Learn practical training tips to boost your VO2 Max, paired with plant-based nutrition strategies that amplify results!) - Derek Tresize

Heritage Hall B

Health and ethical reasons why humans should NOT be consuming dairy (yes, that includes cheese)

- Margaretha Backers-Netherton, RN

University Room

Veganic Gardening/Farming: Not just for Gardeners (The Why and the How (Veganic Gardening/Farming... the missing link for vegans. Virtually all organic food is grown using manure and slaughterhouse by-products. This presentation is for beginning

gardeners. Learn why veganic gardening and farming is important, and the basic concepts of how to do it. Whether you garden or farm or not, learn how to advocate for veganically grown food.) - Amie Hamlin

Campus Room

What We Should be Drinking and Why?

(Will address some of the benefits of getting adequate and appropriate fluid intake and the dangers of not getting enough. Will discuss easy ways to ensure proper hydration and the good, the bad, and the ugly of some popular beverages.) -

Myriam Parham, RD, CDCES

Scholars Room

A Self-Compassionate Approach to Plant-Based Eating

(Committing to a vegan lifestyle brings much of one's day-to-day attention toward food, which can be accompanied with feelings of inadequacy and stress. We will address familiar elements around food culture, including ordered vs. disordered eating and common dietary myths. Attendees will practice useful tools (breath, mindfulness, meditation) to create a more relaxed and self-caring approach toward daily food choices.) - Sally Lipsky

9:45 – 10:45 AM

Engineering & Science Bldg. – Auditorium

Essential fatty acids, diet, and lifestyle factors influencing brain health, dementia, and Alzheimer's disease

(A comprehensive review will be read from a chapter that compiles over 5 years of research into this topic including over 430 articles. Participants will gain a full understanding of modifiable diet and lifestyle factors affecting brain health and what steps can be taken to ensure the best possible brain health outcomes throughout the lifespan. The latest epidemiological and clinical Adventist Health Study findings related to vegan diets and neurological disease will also be discussed.)

- Tim Radak, MPH, DrPH, RDN

Heritage Hall A

Human Rights for Nonhuman Animals

(The 1948 Universal Declaration of Human Rights has played a critical role in efforts to combat grave injustices, including torture, genocide, and enslavement. But why should rights against such practices be restricted to human beings? Let's explore whether, and if so, how, "human rights" can be a basis for securing rights for non-human animals.) - Michael C. Dorf

Heritage Hall B

Communicating with Non-Vegans to Inspire Change

(Learn about ways to increase the chances that your message about veganism will be heard with an open mind. If you have had frustrations trying to share your enthusiasm for this way of life, come to this interactive workshop to learn effective ways to communicate your message that don't cause people to become defensive.) - Angela Crawford, Ph.D. and Amie Hamlin

University Room

Back to the Future: Embracing Cultural Veganism to Shape the Next Decade

(Long before plant-based eating was trendy, cultures worldwide embraced it through tradition, spirituality, and sustainability. This session explores cultural veganism — from Ethiopian fasting to Jewish temple diets — as a roadmap for a just, inclusive vegan future. By honoring ancestral wisdom, we can shape a movement grounded in heritage and hope.)

- Michael Gribov

Campus Room

Vegan Trivia Time (It's time to test your knowledge of the world of veganism! You'll compete with your fellow attendees on multiple-choice, true or false and "guess the picture" questions. A fun time will be had by all!) - Kathleen Kinsolving

Scholars Room

Habit Change: Why It's So Difficult And What We Can Do About It

(It might be

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snacking in front of the TV at night or avoiding Oreos in the grocery store. Old habits die hard and food habits are among the most difficult to change. In this workshop we'll look at the science of habit change, how it relates to the food we eat and how to apply it to make changes that will last.) - Karen Steiner

11:10 AM – 12:10 PM – PLENARY
Pasquerilla Performing Arts Center
Emcee: Vance Lehmkuhl

It's Time for The Plant-based Movement to "Grow Up" & Take Its Rightful Place in Our Cultural Landscape & Society
- Milton Mills, MD (40 min)

DRAWING: Would you like to attend Vegan Summerfest 2026 for free? - At today's drawing we'll give away one free package that includes room, meals and registration. Entering the drawing is totally free

We are the Change (We each come to veganism for different reasons—love, justice, healing, survival—but we stand together in a movement rooted in powerful, world-changing choices.)
- Maribeth Abrams (15 min)

CLOSING REMARKS

2:00 – 3:00 PM
Heritage Hall A
Feeding the Light Within: Food and Spiritual Consciousness (In every tradition, food is sacred. This session explores how compassionate eating can elevate consciousness, awaken empathy, and deepen our connection to the Divine. Drawing from Jewish wisdom and universal teachings, Michael shows how our food choices are spiritual acts — nourishing not just our bodies, but our souls.) - Michael Gribov

Heritage Hall B
The Life and Times of Joaquin Phoenix: Vegan Superstar (Joaquin Phoenix is one of America's most celebrated actors -- he's also our greatest hero, having spearheaded veganism into popular culture. We'll delve into his provocative childhood, illustrious movie career and superlative activism, and reflect on how inspiring and influential Joaquin truly is.) - Kathleen Kinsolving

University Room
Stress Resiliency in Times of Turmoil (Discover causes of stress and ways to become stress resilient. Presentation includes practical ways to handle day-to-day stress as well as chronic stress. Handouts provided.)
- Eileen Wieder Crone, RD, MS, ERYT500

Campus Room
Hosting Vegan Restaurant Events (How to plan and carry out a successful vegan restaurant event. Includes: Choosing an acceptable restaurant, working with manager/owner to plan appropriate menu, making sure employees understand what vegan dining is, pricing and publicity, separate or acceptable dining space, choosing a date that works for your group and for the restaurant. Gained from two decades of hosting vegan restaurant events.)
- Robbie Schiff

Please take the time to fill out our questionnaires.

ALL ATTENDEES MUST BE CHECKED OUT OF THEIR ROOMS BY 4:00 PM

Thank you for joining us! Have a safe trip home.

A silhouette of a woman and a young child standing on a beach, looking out at the ocean during a vibrant sunset. The woman is on the left, holding the child's hand. The child is on the right, reaching out towards the horizon. The sky is a mix of deep blue, orange, and yellow, with the sun low on the horizon creating a bright glow and long shadows. The ocean is visible in the background, and the foreground shows the texture of the sand.

You Can Help Create a Better Future!

**Please consider including NAVS
in your will**

You can make a lasting difference for people, animals and the planet. Veganism holds the key to improving people's health, saving millions of animals' lives and helping to protect our precious Earth. By remembering NAVS in your will, you will help us continue and expand our important work of promoting veganism. Thank you!

The logo for NAVS (National Animal Welfare Society) features the word "navs" in a bold, lowercase, sans-serif font. Above the letter "v" is a small, stylized green leaf icon.

Members Get Great Benefits!

✓ MEMBERS ONLY VIDEO GALLERY:

Members have access to our exclusive members' only Video Gallery. The gallery contains select videos from our Vegan Summerfest conference. Topics include information about health, nutrition, animal rights, environment and more.

✓ DISCOUNTS: Members are entitled to a discount on our Vegan Summerfest conference and a 10% discount on merchandise at our online store.



Members receive a 10% discount on all NAVS merchandise, including purchases at the Vegan Summerfest Bookstore and Information Table.

YES! I Want to Become a Member.

☐ **REGULAR MEMBER** With voting privileges. (Vegetarian – no meat, fish or fowl)

☐ **ASSOCIATE MEMBER** (Not yet a vegetarian)

One Year Membership

☐ **\$22 Individual** ☐ **\$28 Family**

☐ **CONTRIBUTION** _____

NAME _____

ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

EMAIL _____

Return with payment to (U.S. dollars only): NAVS, Box 72, Dolgeville NY 13329