



# Canadian Ketogenic Diet Network

## Metabolic Psychiatry Intensive Day: Nutrition and Ketogenic Therapy Program

JUNE 11, 2026

08:00-5:00 p.m.

McMaster University, Peter George Centre for Living and Learning, Rm 124  
1280 Main Street West, Hamilton, Ontario, Canada

**Moderator: Dr. Fabiano Gomes**

### PROGRAMME

<b>Welcoming &amp; Breakfast</b>	<b>7:30 am - 8:30 am</b> (60 min)
<b>A Clinical Perspective on the Metabolic Effects of Ketogenic Diet Therapy in Epilepsy Management</b> Dr Paula Marques – Epileptologist Hamilton Health Sciences	<b>8:30 am - 9:15 am</b> (45 min; includes discussion)
<b>Mental Health in Epilepsy</b> Dr. Nevena Simic and Dr. Abigail Graves – Neuropsychologists Hamilton Health Sciences	<b>9:20 am - 10:05 am</b> (45 min; includes discussion)
<b>Targeting Depression Through Nutrition: Evidence-Based Interventions</b> Jennifer Fabe – Clinical Specialist Registered Dietitian St Joseph’s Health Care Hamilton, Hamilton Health Sciences	<b>10:10 am - 10:45 am</b> (35 min; includes discussion)
<b>Maintenance part 1 – Optimizing the Ketogenic Diet for Long Term Health</b> Julia Celestini – Ketogenic Dietitian Hamilton Health Sciences	<b>10:50 am - 11:35 am</b> (45 min, includes discussion)
<b>Maintenance part 2 – Tools for Personalizing, Implementing, and Monitoring the Ketogenic Diet</b> Sarah Tiessen – Ketogenic Dietitian Hamilton Health Sciences	<b>11:40 am - 12:25 pm</b> (45 min; includes discussion)
<b>Lunch</b> Location: Great Room	<b>12:30 pm - 1:30 pm</b> (60 min)
<b>Neurometabolic Components of Depression &amp; the Role of Ketogenic Diet</b> Dr. Elisa Brietzke Queen’s University, Kingston General Health Sciences	<b>1:35 pm - 2:20 pm</b> (45 min; includes discussion)
<b>Considering Ketogenic Diet Therapy Beyond Epilepsy</b> Dr. Fabiano Gomes – Psychiatrist St Joseph’s Health Care Hamilton	<b>2:25 - 3:10 pm</b> (45 min; includes discussion)
<b>Coffee break &amp; Peruse sponsor booths</b>	<b>3:10 pm - 3:30 pm</b> (20 min)
<b>Ketogenic Diet Therapy in Major Depressive Disorder Low and Slow Initiation &amp; Maintenance – Pilot Study Lessons Learned</b> Jennifer Fabe – Clinical Specialist Registered Dietitian St Joseph’s Health Care Hamilton, Hamilton Health Sciences	<b>3:35 pm - 4:20 pm</b> (45 min; includes discussion)
<b>Introduction to Ketogenic Diet Network</b>	<b>4:20 pm - 5:00 pm</b>
<b>Cocktail Event</b> Hosted by Cambrooke Ajinomoto, Location: Great Room	<b>5:00 pm - 6:30 pm</b>

**Stay Tuned – Beginning in Summer 2026**

**- Ketogenic Diet Monthly Webinar Conference Series -**

Theme: Identifying Barriers to Implementing Ketogenic Diet Therapy & Strategies to Overcome