

CAPITAL REGION VEGAN NETWORK  
Sarah A. Shearer, Executive Director  
[support@albanyvegan.org](mailto:support@albanyvegan.org)

**FOR IMMEDIATE RELEASE**  
**January 7, 2019**

## CAPITAL REGION VEGAN NETWORK JANUARY MEET AND GREET EVENT TO HIGHLIGHT NEW MEMBERSHIP BENEFITS

MEET AND GREET EVENT OFFERS DONATION-BASED YOGA CLASS, VEGAN LUNCHEON, AND  
CHANCE TO MEET CURRENT MEMBERS

**ALBANY, NEW YORK** Capital Region Vegan Network, formerly Albany Vegan Network, will hold a January Meet and Greet event on Sunday January 13, 2019. The event is open to the public and will include a donation-based yoga class and a Winter Warm-up Tea Luncheon.

At 1:00pm Lark Street Yoga (351 Hudson Ave., Albany 12210) will host a donation-based 'Animal Spirit' yoga class for all levels. Join Hannah Stenzel for a playful, all-levels flow that will tap into the strength and wisdom of animals through their yoga poses. Whether it's the fierce focus of the eagle or the gentle healing of the butterfly, everyone can embody animal spirits to find a greater sense of freedom and empowerment. All are welcome!

At 1:15pm Healthy on Lark (274 Lark Street, Albany 12201) will hold the first seating for an exclusive Winter Warm-up Tea with a menu including: choice of tea, vegan chili, and choice of vegan cookie. Second Winter Warm-up Tea seating will be at 2:15pm. Winter Warm-up Tea is \$12 for current members and \$15 for the public.

All proceeds will benefit Capital Region Vegan Network, formerly Albany Vegan Network. Prior registration is required. Participants can register at [albanyvegan.org/events](http://albanyvegan.org/events) or [through the online portal](#).

**Capital Region Vegan Network empowers our community to adopt and maintain a vegan lifestyle through outreach, education, support, and advocacy.**