

CAPITAL REGION VEGAN NETWORK  
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**FOR IMMEDIATE RELEASE**  
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## CAPITAL REGION VEGAN NETWORK TO HOST *VEGAN LOVE* AUTHOR MAYA GOTTFRIED

MAYA TO GIVE TALK ON DATING AND PARTNERING AS A VEGAN

**ALBANY, NEW YORK** Capital Region Vegan Network (CRVN), formerly Albany Vegan Network, will hold a talk and book signing with author Maya Gottfried on February 8, 2019 at Honest Weight CoOp (100 Watervliet Ave. Albany) from 7 to 9pm.

Maya's children's books, blogs, nonfiction works, and articles have been positively praised by outlets such as the *New York Daily News*, *Our Hen House*, *Pittsburgh Tribune-Review*, *Girlie Girl Army*, and *Minneapolis Star-Tribune*. Maya will give an inclusive talk about partnering as a vegan, read excerpts from her book *Vegan Love*, answer audience questions, and be available for book signing. The event is free for all, with a suggested donation of \$5.

Event starts at 7:00 pm, doors open at 6:45 pm. Light refreshments will be served.

All proceeds will benefit Capital Region Vegan Network, formerly Albany Vegan Network. Prior registration is recommended. 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.**