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FOR IMMEDIATE RELEASE
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FREE VEGANUARY INFORMATION FAIR
Capital Region Vegan Network hosts fair to learn about going vegan in 2020



ALBANY, NEW YORK On Saturday, January 4, 2020 from 2:00 p.m. to 5:00 p.m. Capital Region Vegan Network will host an information fair about vegan living at Honest Weight CoOp (100 Watervliet Ave.) in Albany, NY. The event is free and open to the public.

"We are excited to be offering our first mini informational vegan fair this winter in support of Veganuary as more people choose to transition to healthier and more compassionate lifestyles. We look forward to seeing many members of our community who are interested in obtaining more information about a vegan diet and lifestyle so that we can share local tips and tricks to make their transition as easy as possible!" said Sarah A. Shearer, Executive Director.

[Veganuary](#) (vegan + January) is an international movement to help individuals try vegan for their health, for the animals and for the planet. The CRVN Veganuary information fair is FREE to attend and open to the public. The event will include recipes, food samples, product samples, guides, and other resources about vegansim. Attendees are welcome to stop by at any time from 2:00 p.m. to 5:00 p.m.

About Capital Region Vegan Network (CRVN)

CRVN is a federally recognized 501(c)(3) not-for-profit that offers membership and programming throughout the year. As the Capital Region's longest-running and largest vegan organization, Capital Region Vegan Network empowers the community to adopt and maintain a vegan lifestyle through outreach, education, support, and advocacy.

For more information, please visit www.capregionvegans.org.

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