



**September 27, 2023 — FOR IMMEDIATE RELEASE**

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**Indraloka Animal Sanctuary Teams with Wright Center and Abington Community Library for “Fall Into Your Healthiest Self” on Saturday, October 7th**

Dalton, Penn. — Autumn in Northeastern Pennsylvania is beautiful and even more so when it’s spent outdoors amid the greenery changing to gold and amber, auburn and burgundy. **Indraloka Animal Sanctuary** in Dalton is the ideal setting for experiencing autumn’s sublime majesty and there is no better reason to gather than to celebrate healthy living. Join Indraloka, The Wright Center for Graduate Medical Education and the Abington Community Library for [“Fall Into Your Healthiest Self”](#) on Saturday, October 7, from 9 a.m. to noon. The cost is \$30 per person. Space is limited and scholarships are available at the Abington Community Library.

This special event features an interactive cooking demonstration and brunch by Donna Vannan, owner of Maximum Zen in Clarks Summit and a chance to meet with resident physicians from The Wright Center. Capping off the event is a tour of the sanctuary with time for pampering Indraloka’s precious pigs and snuggling with the sanctuary’s sweet goats.

“We get many requests for cooking tips and recipes for healthy, plant-based meals, so we’ve wanted to host this kind of event for a long time,” Indraloka founder Indra Lahiri, PhD, says. “The Wright Center and the Abington Community Library are the perfect partners for creating an event that focuses not only on food, but other healthy practices. The timing could not be better.”

*The Old Farmers’ Almanac* is predicting a seasonably cold and snowy winter for the northeast. With the uptick in COVID-19 cases hitting just as we enter flu season, adopting healthy habits is more important than ever.



“This event will give people a chance to ask The Wright Center doctors questions they have about how to protect themselves from colds and viruses and what to do when illness strikes. And one thing we already know is that stress is a trigger for just about every illness. Hopefully, people who come to this event will learn something that will help them stay healthy and experience the stress-reducing effects of time in nature surrounded by loving, gentle farm animals,” Dr. Lahiri adds.

In addition to establishing [Indraloka Animal Sanctuary](#) in 2005, Dr. Lahiri has 20 years of experience practicing organizational psychology. At Indraloka, Dr. Lahiri draws on her own background— professionally and personally—to spearhead programs that help people heal from the trauma of abuse and neglect by spending time with farm animals.

Set on 100 acres of verdant pastures rimmed by Northeast Pennsylvania’s Endless Mountains, Indraloka is home to nearly 200 farm animals of all species. The sanctuary focuses on rescuing animals from the most desperate circumstances, animals that escaped from live markets and slaughterhouses, left unattended on abandoned farms, and rescued by humane police from extreme abuse.

Each November, the sanctuary celebrates [ThanksLiving](#), a spectacular feast that honors the Indraloka’s many birds. It is one of the most popular outings in the area. [This year, ThanksLiving will take place on November 4th.](#)

Dr. Lahiri is available for interviews and media tours.

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### **About Indraloka Animal Sanctuary**

Indraloka, a 501(c) nonprofit, provides “heaven on earth” for farm animals that have nowhere else to turn. We inform, inspire and empower the community, especially children, on ways in which we can better care for ourselves and the environment while helping animals in need. We advocate for a kind and compassionate lifestyle that protects animals, the earth and our own health and. As educators, we offer a wide range of STEAM-based learning programs, summer camps and field trips for children, K-12. The community is invited to tour the sanctuary; reservations are required. We host live, public and virtual events throughout the year for adults and children. Visit us at [Indraloka.org](http://Indraloka.org).