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IMMEDIATE RELEASE

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Community Wellness Fair on March 28!

CHATHAM -- After being cooped up this long, tough winter, ECLC of New Jersey's school in Chatham has the perfect event to help you rejuvenate for spring! On Saturday, March 28, from 10 a.m. to 3 p.m., all are invited to enjoy a "Community Wellness Fair!"

This fun, free day features interactive demos and presentations, a vendor fair, kids' activities, food, health screenings, giveaways, cooking classes, dance performances, door prize drawings, fitness, nutrition, yoga, music, giveaways, summer camp representatives, pet therapy and more.

ECLC is a nonprofit offering education, career opportunities and day programs for children and adults with special needs. The Fair is an inclusive event for the entire community, with some participants having a particular focus on services for people with special needs. For example, the Theatre for Everyone, which is giving classes at the Paper Mill Playhouse in collaboration with VSA New Jersey (the State Organization on Arts and Disability), will run two creative, drama workshops. Brain Balance of Summit, which serves children with ADHD, dyslexia, processing disorders and autism spectrum disorder, will present several workshops for parents.

Alongside the special-needs vendors and professionals, dozens of others, including the Madison Y, Shop-Rite of Chatham, Whole Foods, zumba and arts instructors, Suburban Chiropractic and counselor Robin Gershon-Halpern of Short Hills, will offer information and demos.

The idea for the Wellness Fair was inspired by ECLC's concern about health and wellness and in particular how it affects our students and adult clients, who have special needs. As the idea grew, it evolved into a holistic approach to wellness for everyone and includes just about everything!

Stop by the Fair, and sample a range of activities and meet representatives from local businesses, health-care professionals, performers and pet some therapy pups! Childcare will be available, supervised by ECLC teachers, for parents who want to roam the event on their own or have time to hear presentations.

The Fair takes place at ECLC of New Jersey's Chatham School at 21 Lum Avenue, which is directly behind the Chatham municipal building on Fairmont Avenue. For more information, please

contact Wellness Fair Coordinator: Anne Fields (973-635-1700). A schedule of the day's events will be published on the ECLC Website www.eclcofnj.org after March 23.

About ECLC

Established in 1970, ECLC of New Jersey is an accredited, nonprofit offering education, careers and lifelong community to children and adults with special needs, including those diagnosed with autism, Down syndrome and severe learning and/or language disabilities. ECLC runs schools in Chatham and Ho-Ho-Kus; P.R.I.D.E. adult centers in Florham Park and Paramus, and an employment affiliate, Community Personnel Services, based in Chatham. Learn more about ECLC at www.eclcofnj.org.