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Franklin Township: Thomas Edison EnergySmart Charter School Hosts Wellness Fair

By MALIK A. LYONS
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Thomas Edison EnergySmart Charter School Hosts Wellness Fair
 Credits: Courtesy of TEECS

SOMERSET, NJ - Thomas Edison EnergySmart Charter School (TEECS) hosted its first Wellness Fair for the community this Saturday.

The free event open to the public focused on healthy living, healthy habits, and sustainable practices for a healthier planet.

"It was a beautiful day to be out enjoying the fresh air," TEECS Lead Person, Oguz Yildiz, said in a news release. "We thank all who came to spend the afternoon with us and look forward to hosting another event next year."

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The TEECS Sparkly Squad kicked off the event which included other performances such as a martial arts demonstration and a Zumba class.

Vendors provided free, healthy meals to attendees as well as plants and flowers from the school's Environmental Alliance Club.

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The following is a list of a few vendors in attendance:

- A physical therapist that spoke about the benefits of physical therapy
- A chiropractor that spoke about how to keep healthy bones/spine
- RWJ Health spoke about health tips to maximize athletic performance and ask questions to give away prizes
- Somerset County Sheriff's Department spoke about how to reach Officials in case of emergency.
- TEECS' school nurse that spoke about the benefits of vaccinations
- TEECS' food manager (Maschio's) that provided healthy, vegetarian meals
- TEECS' PE teachers that provided physical fitness challenges

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