



# Wellness Newsletter

April 2021



## 8 Ways Running Works Wonders for Your Mind

While experiencing a runner's high is one of the best ways to feel happy and relaxed, running and other forms of vigorous exercise actually provide a number of mental health benefits.

[Learn More](#)



## Staying Healthy at Work

If you go home at the end of your workday with aches, pains, strain, or tension—you're not alone. Bad posture, how you move your body, doing the same motion over and over again—these workplace habits can lead to major discomfort.

[Learn More](#)

## Talkspace Now Available

Talkspace is a digital space for private and convenient mental health support. With Talkspace, you can choose your therapist from a list of recommended, licensed providers and receive support day and night from the convenience of your device (iOS, Android, and Web).



[Learn More](#)

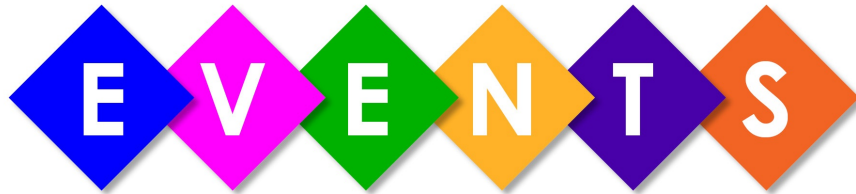


## Pumpkin Cranberry Granola Bites

Pumpkin is a storehouse for many antioxidant vitamins, including: Vitamin A, C, and E. One cup of cooked pumpkin is also an excellent source of potassium, making it a great post-workout meal addition to help restore the body's balance of electrolytes.

[Get the Recipe Here](#)

# UPCOMING



Stay tuned for information on 5Ks, Hydration Challenges, Step Challenges, and more!

Visit [zoltek.com/wellness](https://zoltek.com/wellness) anytime for more information.

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