



Wellness Newsletter

June 2021



Programs and Services at the National Eating Disorders Association (NEDA)

Lauren Smolar, Senior Director of Programs, shares the resources that NEDA offers to help individuals and loved ones affected by eating disorders find the support and information they need to navigate the different steps of the eating disorder journey.

[Learn More](#)



Common Health Conditions in the Workplace

Cigna has an extensive Health and Wellness library on a wide range of health and medical topics designed to help educate you about your health.

[Learn More](#)

Club Fitness Discounts Available

Did you know that Club Fitness discounts are available to all Zoltek employees in St. Louis? Unfortunately, this benefit is not available in Utah. All regular full-time employees and their dependents are eligible to participate in the program.

[Learn More](#)



Blueberry Banana Overnight Oats

Oats are incredibly nutritious. Try out this great recipe for a quick breakfast or snack that is a good source of carbs and fiber.

[Get the Recipe Here](#)

UPCOMING



Hydration Challenge - July 2021

Compete with your colleagues to better hydrate yourselves and win prizes. Simply drink water throughout the day and track what you drink.

Visit our [wellness page](#) to sign up.

Stay tuned for information on upcoming events!

Visit zoltek.com/wellness anytime for more information.

