



Wellness Newsletter

September 2021



Understanding your Explanation of Benefits (EOB)

Just what is an EOB and how can it help me to better understand my healthcare coverage? Click below to learn more.

[Learn More](#)



How Effective is Low Impact Exercise?

Low-impact exercise is a safe and healthy way to get in better shape, whether you're young, old, or in-between. Click below to learn more.

[Learn More](#)



Cook & Learn Recording: Navigating Nutrition and Going Back to the Office

This pre-recorded webinar was prepared by Trish Ruzicka Wright, RDN, LD, a Registered Dietitian Nutritionist. This webinar focuses on building healthy habits and healthy recipes to get you back on track with regard to your wellness goals.

[Watch Now](#)

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](#)



Chicken, Quinoa & Sweet Potato Casserole

This protein-loaded chicken and sweet potato casserole dish is made with multicolored quinoa, a blend of white, red and black varieties, but any color will work.

[Get the Recipe Here](#)

UPCOMING



Flu Shots at HQ and STP

St. Peters Facility

Wednesday, October 13, 2021 – 5:00-6:30 AM

Friday, October 15, 2021 – 5:00-6:30 PM

HQ Facility

Thursday, October 14, 2021 – 10:00AM – 12:00PM

Sign up today: zoltek.com/wellness

Stay tuned for information on upcoming events!
Visit zoltek.com/wellness anytime for more information.