



Wellness Newsletter

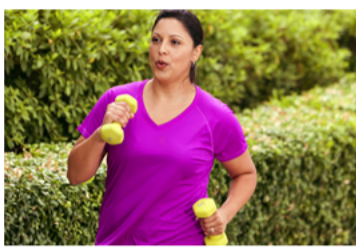
April 2022



Expert Tips for Improving Your Mind-Body Connection

St. Louis-based yoga instructor and wellness coach Grace Leon explains how self-reflection, meditation, and gratitude are key components to overall health. Click below to learn more.

[Learn More](#)



Spring Back Into Your Exercise Program

Sunny days are here again, and you're aching to get outside and get a taste of spring by jogging a few miles, teeing up for a round of golf, or playing a few sets of tennis. But before you do, experts say, you need to prepare your body for your exercise program -- especially if you used the cold weather as an excuse to become a couch potato. Click below to learn more.

[Learn More](#)



Cook & Learn: Celebrate A World of Flavors

This live webinar was prepared by Trish Ruzicka Wright, RDN, LD, a Registered Dietitian Nutritionist. Tune in to this Cook & Learn featuring ways to create a healthy plate with foods and flavors from all over the world.

[Click Here to View](#)



Understanding Risk for Teens, Elderly, and Military Veterans

Teens, the elderly, and military veterans have disproportionately high rates of suicide.^{1,2} Understanding some of the special issues that these groups face can help keep you alert for problems. Keep the following cautions in mind, along with general warning signs³ and risk factors. Click below to learn more.

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Bounce Back: Building Resilience in Children and Teens

A presentation that explores how adults can help children navigate stress, challenge, tragedy, trauma, or adversity. Click below to learn more.

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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](#)



Creamy Lemon-Pepper Orzo with Grilled Chicken

If you love risotto but want something quicker, this simple orzo takes half the time. Rich cheese and cream are switched out for tangy Greek yogurt and goat cheese for equally satisfying creaminess. Sweet green peas, fragrant fresh tarragon and basil scream spring--though this dish is a year-round classic.

[Get the Recipe Here](#)

UPCOMING



Stay tuned for information about our 2022 Wellness program!

Visit zoltek.com/wellness anytime for more information.

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