



## Wellness Newsletter

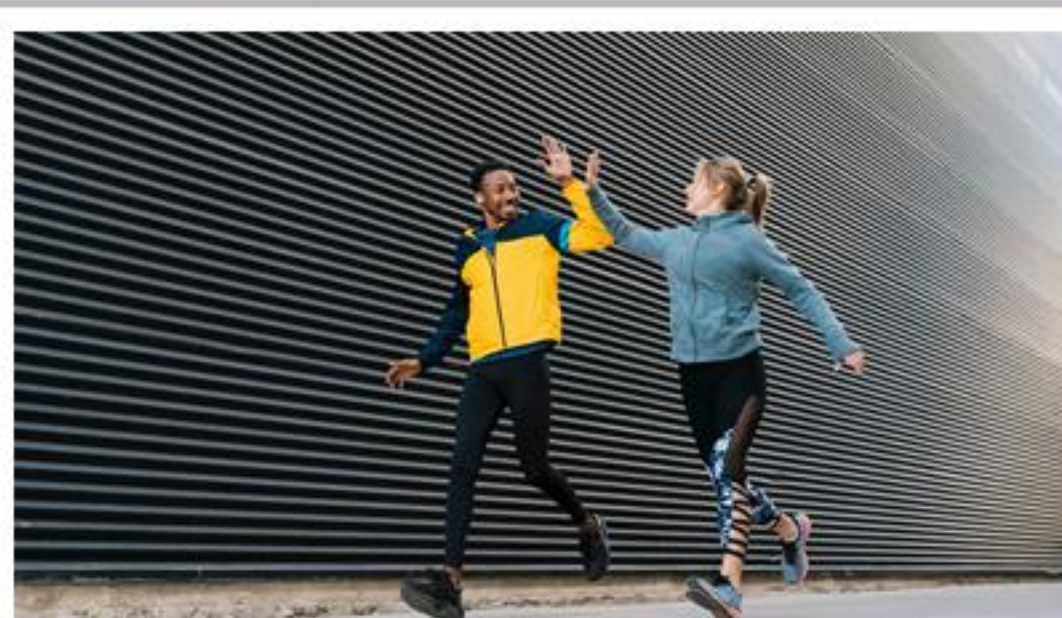
January 2022



### Wisdom Teeth 101

Wisdom teeth are the upper and lower third molars, found at the very back of the mouth. When wisdom teeth are healthy and in the right position, they usually don't cause problems. But when they're too crowded, or impacted, they don't have enough room to emerge fully or normally. This is when problems can happen. Learn the signs and understand what to expect if your wisdom teeth become impacted. Click below to learn more.

[Learn More](#)



### 10 secrets for working out in 2022, according to personal trainers

If you've committed to sticking to a workout routine in 2022, that's half the battle. The other half is, you know, actually sticking to it. To help you out on that front, we tapped personal trainers for their savviest strategies to torching sweat at the (home) gym. Click below to learn more.

[Learn More](#)



### Cook & Learn Recording: Happy Hectic Holidays

This pre-recorded webinar was prepared by Trish Ruzicka Wright, RDN, LD, a Registered Dietitian Nutritionist. Tune in to this Cook & Learn featuring a quick prep healthy soup recipe and ways to de-stress during this time of year so that you can put the happy in "happy holidays".

[Watch Now](#)



### ADHD and Creating Habits

Forming habits is an essential tool to help children and adolescents perform regularly in a specific situation, and for those actions to become automatic. This presentation will address why developing habits is a healthy practice, how habits are formed, and the steps that will help individuals succeed in the process. Click below to learn more.

[Learn More](#)



### Impact of Racial Injustice: Talking with Kids

When and how to have a conversation with your child about racial injustice is a very personal decision. The strategies and resources in this handout can help you to feel more prepared when you're ready. Click below to learn more.

[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](#)



### Healthy Turkey Lasagna

This healthy turkey lasagna recipe is made with a homemade tomato basil sauce packed with fresh herbs & Italian spices, lean ground turkey, mozzarella, creamy ricotta and a touch of parmesan. Perfect for serving crowds, family-style dinners, or freezing for later!

[Get the Recipe Here](#)

# UPCOMING



Stay tuned for information about our 2022 Wellness program!

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

Zoltek  
[communications@zoltek.com](mailto:communications@zoltek.com)



This email was sent to [cassie.koenen.dk@zoltek.com](mailto:cassie.koenen.dk@zoltek.com)  
You received this email because you are registered with Zoltek

[Unsubscribe here](#)

