KNIGHT NEWS

YOUR WEEKLY STUDENT LIFE NEWSLETTER FRIDAY, APRIL 10, 2020

A SPECIAL TWO PAGE ISSUE



WIN PRIZES NEXT WEEK!

WEDNESDAY KNIGHT TRIVIA AND VIRTUAL SCAVENGER HUNT

Winners will receive Amazon Gift cards to their home. Why not play?

PARTICIPATE IN FOUR EVENTS

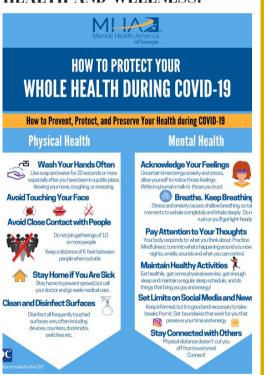
Register yourself with the codes for at least 4 events and get a free t-shirt mailed to your house!

CHECK OUT THE DETAILS BY GOING HERE:

https://www.westgatech.edu/student-life/spring-fling/

See more Spring Fling Events on page 2!

HEALTH AND WELLNESS:



WEEKLY WELLNESS TIP:

Sitting at your desk for hours at a time can lead to body aches and pain. The most common problem comes from slumping back in your chair or slouching forward to reach your computer, which means your spine is out of alignment. This puts strain on the ligaments and muscles in your back.

Reminder: Take a break!

Click on the video below for a quick and easy break to help ease the aches and pains.

https://www.webmd.com/fi tness-exercise/video/officeexercises-in-5-minutes

STUDENT ORG SPOTLIGHT:

Earlier this semester, several members of the Radiological Association for the Development of Students (RADS) Clubs of Douglas and LaGrange attended the 29th Annual Student and Radiographer Seminar & Educators Conference that was held on Feb 28-Mar 3. The students heard speakers in the field of radiology, including authors of some of their textbooks! They met students from other schools across the southeast. They also took a mock registry exam to help them prepare for the real thing! Robin Sowders - RADS Douglas Advisor says, "It's a great experience that we are blessed to offer our students each year!"

RADS Club Members at the Conference





Interested in upcoming Health and Wellness Events and Fitness Classes?

Click on the link below to sign up for reminders

https://forms.gle/PggDZ7FBePu5DsMK6

UPCOMING STUDENT ORGANIZATION MEETINGS:

GSGA April 14, 12:30 pm -1:30 pm, <u>Zoom: 368-095-868</u> **SkillsUSA** April 14, 11 am -Noon, <u>Zoom: 840-698-216</u>





WGTC CULTURAL CORNER: Did YOU know that you can virtually travel around the world? Check out the Virtual Tour of the Louvre!

https://www.louvre.fr/en/visites-en-ligne#tabs

As set forth in its student catalog, West Georgia Technical College does not discriminate on the basis of race, color, creed, national or ethnic origin, sex, religion, disability, age, political affiliation or belief, genetic information, veteran status, or citizenship status (except in those special circumstances permitted or mandated by law). The following persons have been designated to handle inquiries regarding the non-discrimination policies: Equity (Title IX) coordinator is Dean of Students, 176 Murphy Campus Blvd, Waco, GA 30182. ADA (Section 504) coordinator is V.P. of Administrative Services, 401 Adamson Square, Carrollton, GA 30117. 678.664.0400



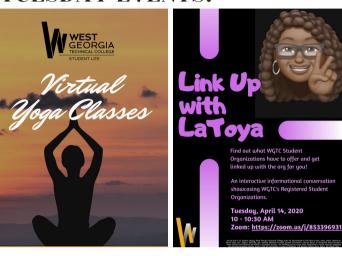
It's HERE! April 13-16th is VIRTUAL SPRING FLING week! Click on any of the flyers below to take you to the virtual events! Each event will have a code associated with it. Make sure you click on the participation link and "sign in" with your code to get credit for attending. Participate in at least 4 events throughout the week and we'll mail you a free WGTC Spring Fling T-shirt!

MONDAY EVENTS:





TUESDAY EVENTS:



WEDNESDAY EVENTS:







THURSDAY EVENTS:





SPRING FLING GIVEAWAYS

Don't forget to register yourself for each event with the event code so that you can win your free t-shirt!

https://forms.gle/JRqgd16jsW1F1Vkd6



WARNING: Participating in WGTC's Virtual Spring Fling may cause muchneeded laughter.