

KNIGHT NEWS

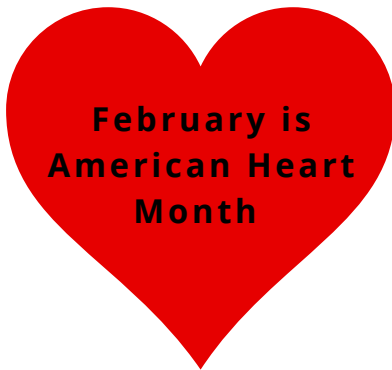
YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, FEBRUARY 19, 2021



BEE KIND

Random Acts of Kindness Day was first created in Denver, Colorado in 1995 by a small nonprofit organization, the Random Acts of Kindness Foundation; nine years later it spread to New Zealand in 2004. WGTC is observing National RAK Day by encouraging all students to do a RAK for someone else! This week we've launched a nomination tool. Know a student or staff member at WGTC that deserves a RAK? Nominate them! ALL FORMS ARE DUE FEB 23, 2021. Nominate here: <https://forms.gle/FBD7xCRhNfRo9bZf6>

HEALTH AND WELLNESS:



Know your risk factors:

High blood pressure, smoking, high cholesterol, obesity, and lack of regular activity are all things that we can control.

<https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month>

WEEKLY WELLNESS TIP:

**21 Suggestions
for a Better
Year in 2021**

You can make small changes over time, which build to make the biggest impact, with these tips for living a healthy lifestyle

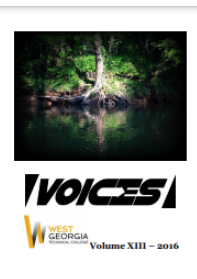
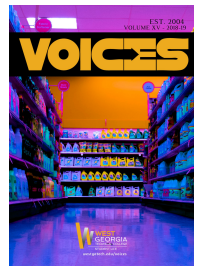
Click here
for details

STUDENT LIFE SPOTLIGHT:

VOICES Magazine Is Open For Submissions

Would you like to be featured in a magazine? We have the opportunity for you. VOICES magazine is West Georgia Technical College's publication that features literary works submitted by WGTC students, faculty and staff. Published annually, VOICES seeks to showcase the best examples of the creative spirit that is alive and well at WGTC. Submissions will be accepted until Thursday, April 1, 2021.

The magazine includes works of poetry, fiction and nonfiction including creative essays. Submitting pieces is not the only way that students can participate in the creation of the magazine. Student editors assist with selecting, evaluating and compiling the magazine for publication. To find out more about VOICES and enter a submission, visit: <https://www.westgatech.edu/student-life/voices/>



Interested in upcoming Health and Wellness Events?
Click the link below to sign up for reminders

<https://forms.gle/PggDZ7FBePu5DsMK6>

Upcoming student organization meetings:
GSGA ~ Wednesday, March 3, 2021 ~ 4 PM.

[https://us02web.zoom.us/j/85291657349?](https://us02web.zoom.us/j/85291657349?pwd=c0JaK01zVEpXUkMjRNU0JqSm5tdz09)
[pwd=c0JaK01zVEpXUkMjRNU0JqSm5tdz09](https://us02web.zoom.us/j/85291657349?pwd=c0JaK01zVEpXUkMjRNU0JqSm5tdz09)



WGTC VIRTUAL CORNER: ASALAH (the association for the Study of African American Life & History) is hosting a month-long Virtual Festival! Check it out here: <https://asalh.org/festival/>

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, Dean of Students, 770.755.7839, 200 Campus Drive, Newnan, GA 30263. ADA (Section 504) coordinator is V.P. of Administrative Services, 678.664.0533, 401 Adamson Square, Carrollton, GA 30117.