

# KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER  
FRIDAY, OCTOBER 15, 2021



## JOIN US FOR AN ESCAPE ROOM EXPERIENCE

For only \$10 you can get Dinner, A Hoodie and Admission to the Lock City Escape Games! We're taking students Monday, October 25th at 5:30PM-8:30PM! Please sign up by the 20th of October and pay tour \$10 to any campus cashier.

<https://forms.gle/xDQDtcGKVboPQ6ZA6>

## HEALTH AND WELLNESS:

### October is Breast Cancer Awareness Month



**1 IN 8 WOMEN**  
**WILL DEVELOP BREAST CANCER**

For more information and resources, visit:



<https://www.nationalbreastcancer.org/about-breast-cancer/>







**Interested in a fitness card?**

Click on the link below to sign up!

<https://www.westgatech.edu/student-life/health-and-wellness/>

## WEEKLY WELLNESS TIP:

### 5 TIPS TO STAY HEALTHY FOR ONLINE STUDENTS

- Take Breaks from the Screen 
- Create a Routine 
- Eat Healthy and Drink Water 
- Sleep Well 
- Spend Time with Others 

For more info, click below:

<https://www.healthtechzone.com/topics/healthcare/articles/2020/12/28/447520-5-tips-stay-healthy-online-students.htm>



## STUDENT ORG SPOTLIGHT:



Listed on the Technical College System of Georgia website as the 4 major student organizations, Georgia Student Government Association, National Technical Honor Society, Phi Beta Lambda, and SkillsUSA are all esteemed, student centered organizations. We are looking for students to lead them. Is that leader you?

**Find out more and learn how to join by visiting the webpages.**

GSQA:

<https://www.westgatech.edu/student-life/student-government-association/>

NTHS:

<https://www.westgatech.edu/student-life/student-organizations/nths/>

PBL:

<https://www.westgatech.edu/student-life/student-organizations/pbl/>

SkillsUSA:

<https://www.westgatech.edu/student-life/student-organizations/skills-usa/>

## UPCOMING STUDENT ORGANIZATION MEETINGS :

Organization meeting schedules to be announced soon.

Student Organization Information can be found here:

<https://www.westgatech.edu/student-life/student-organizations/>

**WGTC VIRTUAL CORNER:** Still weary about getting out because of the ongoing pandemic? Have a safe and spooky time with these virtual haunted house tours:

<https://teambuilding.com/blog/virtual-haunted-house>



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