

KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, SEPTEMBER 16, 2022

Re-Power Hour

Join us for the reoccurring start of Re-Power Hour on **September 20 (Carroll, Coweta, Murphy)** and **September 21 (Douglas and Lagrange)**! Visit any campus Student Center from 1:00 pm - 2:00 p.m. For a chance to Re-power and Rejuvenate your day with Coloring, Plant Potting, Journaling and Refreshments. We Can't Wait To See You!

Student Life Health and Wellness Programs present

RE-POWER HOUR

Take a moment or an hour to unwind and focus on your mental and emotional well-being.



JOIN US IN THE STUDENT CENTER FOR JOURNALING, PLANT POTTING, COLORING, AND REFRESHMENTS

1:00 P.M. TO 2:00 P.M.

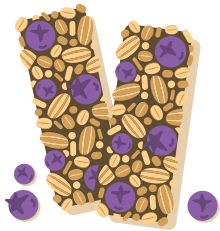
TUESDAY, SEPTEMBER 20, 2022
CARROLL • COWETA • MURPHY

WEDNESDAY, SEPTEMBER 21, 2022
DOUGLAS • LAGRANGE

WEST GEORGIA TECHNICAL COLLEGE

HEALTH AND WELLNESS

30+ Healthy Fall Snack Ideas (Dietitian-Approved!)



Don't we all love a good snack! I'm here to tell you that snacking doesn't need to be unhealthy. Check out these healthy snacks!

Please click here for more info:

<https://www.chelseadishes.com/healthy-fall-snack-ideas/>

WEEKLY WELLNESS TIP:

With September comes cooler fall weather, and that means it is officially walking season! Grab a partner, start a group, or head out by yourself and complete the 30 day walking challenge.

Benefits of walking:

1. Helps Combat and Prevent Illness
2. Lead to Healthier Bones
3. Supercharges your Metabolism
4. Boosts Your Mood
5. Improves Joint Health



Click below for full article:
<https://www.fitandwell.com/how-to/30-day-walking-challenge>

STUDENT ORG SPOTLIGHT

Get Involved! Join Student Orgs! WGTC is home to 10 student organizations. Our major organizations include Georgia Student Government Association (GSGA), National Technical Honor Society (NTHS), Future Business Leaders of America (FBLA-Collegiate), and SkillsUSA. Academic organizations include Student Nursing Association (SNA), Health Information Technology Student Association (HITSA), Radiological Association for the Development of Students (RADS) and Student Members of the American Dental Hygienists Association (SADHA). Honorary organizations include Phi Theta Kappa (PTK), Kappa Beta Delta (KBD) and National Technical Honor Society (NTHS). **Find the organization for you and join TODAY!**



For more information about Student Organizations, visit:
<https://www.westgatech.edu/student-life/student-organizations/>



Scan the QR Code for Additional Information About Student Orgs



WGTC VIRTUAL CORNER:

Sit back, relax, and take a virtual tour of Ireland.

<https://p4panorama.com/gallery-item/ireland-360-virtual-reality/>



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, 770.537.5722, 176 Murphy Campus Blvd Waco, GA 30182. ADA (Section 504) coordinator is V.P. of Administrative Services, 678.664.0533, 401 Adamson Square, Carrollton, GA 30117.