

KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, SEPTEMBER 2, 2022

Constitution Day!

Join us to celebrate Constitution Day on **September 15, 2022!**

Visit any campus library from 11:30 a.m. - 12:30 p.m. for giveaways & Chick-fil-A sandwiches (while supplies last!).

We look forward to seeing you!



HEALTH AND WELLNESS

30 Delicious and Healthy Recipes to Make in September!



It's officially September and to welcome the new month and fall season, check out these Healthy and Delicious recipes.

Please click here for more info:

<https://www.eatingwell.com/gallery/7835809/recipes-to-make-in-september/>



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:

Studying for new classes and learning new material is essential in college, but you must give your brain and body a break at times. Check out these 8 stretches for your next study break.

1. Shoulder Roll
2. Hip Stretch
3. Hamstring Stretch
4. Shoulder Stretch Across Chest
5. Tricep Stretch Behind Head
6. Neck Stretch
7. Big Hug
8. Seated Spinal Twist



Click below for full article:
<https://www.mitrecsports.com/wellness/8-stretches-study-break/>

STUDENT ORG SPOTLIGHT



Join SkillsUSA! Membership in SkillsUSA affords students the opportunity to demonstrate occupational and leadership skills by competing in state and national competitions. With an annual membership of \$15, there are tremendous benefits for students. If you want to have access to scholarships, reinforce your employability skills, grow your professional network and compete in nationally recognized contest programs, this is the organization for you! WGTC's SkillsUSA chapter has earned several honors over the years including Gold Chapter of Distinction in 2020.



For more information about SkillsUSA, visit:
www.westgatech.edu/student-life/skills-usa/



Scan the QR Code to complete your SkillsUSA Membership Application



WGTC VIRTUAL CORNER:

Sit back, relax, and take a virtual tour of Italy.
www.youtube.com/watch?v=9ww5oXrWc4Y



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