

KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, JANUARY 26, 2024



WEEKS OF WELCOME

January 22 - January 31

Come Join the PARTY! Weeks of Welcome begins Monday, January 22. We have entered a new semester and we are so excited about the spring. We want to welcome you with a resource table, free giveaways, free food (while supplies last), and the big reveal of our NEW Mascot. This is a reveal you don't want to miss! We can't wait to meet you or see you again! Click the Flyer for more Information.



World Cancer day is February 4th! It is a day that we unite as one for the fight against cancer, to save millions of lives each year through education, raising awareness and by pressing governments and individuals across the world to take action.

Remember, anyone can take action against the fight of cancer, so don't let your voice be lost! Click the picture for FAQs on World Cancer Day!

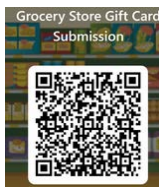
HEALTH AND WELLNESS

EASY DINNER IDEAS!



Make dinner in a quick, fast and hurry with over 80+ recipes to choose from!

If you try a recipe, let us know by entering a drawing for a grocery store gift card. Scan the QR Code to enter.



WEEKLY WELLNESS TIP:

PHYSICAL ACTIVITY IS ESSENTIAL

Did you know?

Regular physical activity is proven to help prevent and manage noncommunicable diseases (NCDs) such as heart disease, stroke, diabetes and several cancers. It also helps prevent hypertension, maintain healthy body weight and can improve mental health, quality of life and well-being.

Adults between the ages of 18 and 64 should complete a minimum of 30 minutes of moderate physical activity a day. The CDC recommends that most adults should try to take at least 10,000 steps per day.

What is physical activity? The World Health Organization defines physical activity as, "any bodily movement produced by skeletal muscles that requires energy expenditure. Physical activity refers to all movement including during leisure time, for transport to get to and from places, or as part of a person's work. Both moderate- and vigorous-intensity physical activity improve health."

Click on the key below for physical activity key facts!



Cycling



Swimming



Pilates



Running

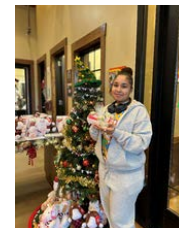


STUDENT ORG

SPOTLIGHT

DENTAL ASSISTING SOCIETY

Dental Assisting Society purchased and donated doggy treats- to Douglas County Humane Society and Newnan Coweta Humane Society in December 2023. The treats were welcomed and appreciated. A representative from one of the Humane Societies had this to say about the donation: " Thank you and your Society so much for those treats! We've already used so many of them. I like to put treats on top of their supper in the evening and they're a huge help for training."



Great Job Dental Assisting Society! Your members are making an impact in your communities!



Interested in a fitness card?

Click on the link below to sign up!

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

WGTC Student Counseling Connection offers confidential counseling and much more for our students.

STUDENT COUNSELING CONNECTION

GET CONNECTED



Contact a Counselor 770-834-8327

Find out about Student Counseling Connection Here: <https://www.westgatech.edu/student-life/student-counseling-connection/>



Horoscope CORNER: Check out your Daily Horoscopes! Email Student Life if you found anything intriguing or interesting about your Horoscope. Click the Horoscope wheel!



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