

# Knight Life

Your Bi-Weekly Student Life Newsletter  
FRIDAY, NOVEMBER 15, 2024



## BI-WEEKLY WELLNESS TIP

It is that time of year again- the weather is changing, it's becoming cold out, everyone is enjoying the leaves and crisp autumn air, and then **BAM!** We get hit by **Flu Season!**

Did you know, that the CDC recommends that everyone 6 months and older get a flu vaccine, ideally by the end of October. However, you can still get the vaccine and benefit from it even if you wait until later in the season.

So, have you had your recommended Flu vaccine this season?

## UPCOMING EVENTS

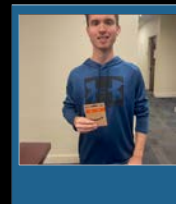
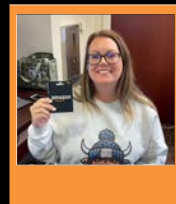
### LUNCH WITH THE PRESIDENT

Join us on our last stop of fall Lunch with the President at the LaGrange Campus! Play bingo, grab lunch and learn interesting fun facts about Dr. Post. Also you can ask her questions and address any concerns you might have. We can't wait to have you! Click flyer for event details.



## WE WANT TO HEAR FROM YOU!

Check out Kristina and Kevin with their Amazon gift cards! I know you are thinking "Omg how did they get that!" They filled out the Student activities Ideas and Feedback survey (by scanning the QR Code on the bottom right page). They shared their food, field trip, and event ideas that they wanted to see in the future. So simple. Remember, the first 30 to fill out the survey win a prize. Hurry Fast! We look forward to reading your ideas!



## HEALTH AND WELLNESS

Being a caregiver is rewarding, but it can also be hard to prioritize your own Mental Health and well-being while caring for others.

Caregivers' Mental Health and well-being is just as important as their loved ones'. November is National Family Caregivers Month, and as we celebrate Awareness for this topic this month, let's make sure caregivers have what they need to care for their Mental Health.

This month, we celebrate the millions of caregivers in the U.S. who do so much for others. If you know someone who is a caregivers for a loved one, a friend, or family member, click on the link below, to learn more about how you might be able to support and be there for them, during this season in their life.

Learn more at [MhAnational.org/caregivers](https://MhAnational.org/caregivers)

Click the link for more info.



Click to watch a TED Talk on Compassion Fatigue for Caregivers

## STUDENT COUNSELING CONNECTION

### GET CONNECTED



Contact a Counselor 770 - 834 - 8327

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

Click here to find out about Student Counseling Connection:

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

## STUDENT ORG SPOTLIGHT

Join **SKILLS USA!** If you want to compete in competitions to demonstrate occupational and leadership, have access to scholarships, reinforce your employability skills and grow your professional network, then we would love to have you!



SCAN HERE TO LEARN MORE!

### Feedback Corner



Scan to give your event/activity ideas and get a **FREE GITF CARD!**