

KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, APRIL 08, 2022



April is National Autism Acceptance Month

During the month of April, the United States observes National Autism Acceptance Month to bring awareness of the complex brain disorders, autism and Asperger's Syndrome. This observance promotes acceptance, celebrates the differences, and encourages inclusivity of the over 7 million individuals in the United States that are on the autism spectrum. Many initiatives are being carried out to educate youth and adults about their autistic peers. For more information about National Autism Acceptance Month, visit: <https://autismsociety.org/>

HEALTH AND WELLNESS:

21 Spring Salads You Need in Your Life



Turn salads from side event to star attraction with this selection which celebrates the best spring produce.



Please click here for more info:

<https://www.taste.com.au/healthy/gallery/s/21-spring-salads-you-need-in-your-life/lRVtceU5>

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: 8 YOGA POSES FOR BEGINNERS

Beat stress, ease back pain, and gain flexibility with these simple stretches and breathing exercises.



1. Easy Pose - Sukhasana - to Relieve Stress
2. Cat-Cow to Awaken the Spine and Ease Back Pain
3. Tree Pose - Vrksasana - to Improve Your Balance
4. Downward-Facing Dog - Adho Mukha Svanasana - to Enhance Flexibility
5. Child's Pose - Balasana - to Help You Relax and Unwind
6. Baby Pigeon Pose to Open Up Your Hips
7. Mountain Pose - Tadasana - to Improve Your Posture
8. Legs-up-the-Wall Pose - Viparita Karani - to Restore and Revitalize

Click below for full article:
<https://www.everydayhealth.com/fitness-pictures/yoga-poses-for-beginners.aspx>

STUDENT ORG SPOTLIGHT:

PHI BETA LAMBDA (PBL)



WGTC's chapter of Phi Beta Lambda (PBL) participated in the PBL Georgia State Leadership Conference that was held in Atlanta, Georgia on April 1st-2nd. Members competed in several contests including Accounting and Computer Concepts. PBL members raked in the wins with eighteen 1st place, six 2nd place, one 3rd place, and two 4th place awards. PBL's amazing showing advances the members to the National PBL Conference. The organization members and advisors will travel to Chicago, Illinois June 24th-27th to participate in Nationals. Congratulations WGTC PBL!



For more information about PBL, visit :

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

UPCOMING STUDENT ORGANIZATION MEETINGS :

GSGA ~ Wednesday, April 13 & 27, 2022 ~ 4 P.M.

<https://westgatech.webex.com/westgatech/j.php?MTID=m5ef499b7e94a7408a03b8c09ae201854>



WGTC VIRTUAL CORNER: Paris in the Spring! Take a virtual tour of the Eiffel Tower: <https://www.tou Eiffel.paris/en/news/recreation/virtual-tour-eiffel-tower>

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