

KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, FEBRUARY 11, 2022



Spread Kindness

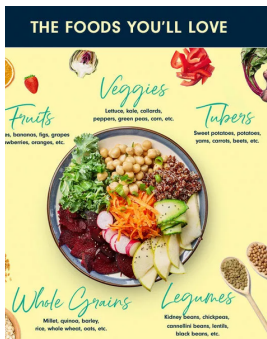
Thursday, February 17, 2022 is Random Acts of Kindness Day. RAK Day is a day to show that there is goodness in the world. Remember to spread kindness during the week of February 13 - 19, 2022. Find out more info about RAK Day and how you can observe the day here:
<https://www.randomactsofkindness.org/>

HEALTH AND WELLNESS:

HOW A PLANT-BASED DIET CAN BOOST YOUR HEALTH

It's a new year! What better time to try a new and different healthier lifestyle.

One of the most powerful steps you can take to improve your health, boost energy levels, and prevent chronic diseases is to move to a plant-based diet.



Please click here for more info:

<https://www.forksoverknives.com/how-to-plant-based-primer-beginners-guide-starting-plant-based-diet/>



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:

BACK-TO-BASICS WELLNESS TIPS THAT ACTUALLY IMPROVE YOUR HEALTH



Click below for full article:

<https://www.wellmark.com/blue/healthy-living/wellness-tips-that-actually-improve-your-health>

STUDENT LIFE SPOTLIGHT:

WOULD YOU LIKE TO SHOWCASE YOUR ARTISTIC TALENT?

The WGTC Art Exhibit is seeking submissions for its annual exhibition. The annual exhibit showcases the diversity of creative talent within the WGTC community. The Art Exhibit accepts submissions of a variety of mediums including sculpture, photography, and painting. Showcase and Merit winners win monetary prizes.



The Art is Exhibit is currently accepting submissions now through Friday, April 8, 2022. Get your entries in by the deadline for your opportunity to show off your talent. We can't wait to display the work of talented WGTC artists this year. For more information about the WGTC Art Exhibit, visit <https://www.westgatech.edu/student-life/art-exhibit/>

UPCOMING STUDENT ORGANIZATION MEETINGS :

GSGA ~ Wednesday, February 23, 2022 ~ 4 P.M.
<https://westgatech.webex.com/westgatech/j.php?MTID=m5ef499b7e94a7408a03b8c09ae201854>



WGTC VIRTUAL CORNER: Personality tests are assessments that reveal motivations, psychological preferences, character, temperament, and beliefs. Individuals use these tests to gain a better sense of self-awareness, or just for fun. The Myers-Briggs Type Indicator (MBTI), also called the 16 personalities test, is one of the most widely used free personality tests. Take the 16 personality test here for free: <https://www.16personalities.com/free-personality-test>

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, 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, 770.664.0532, 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.