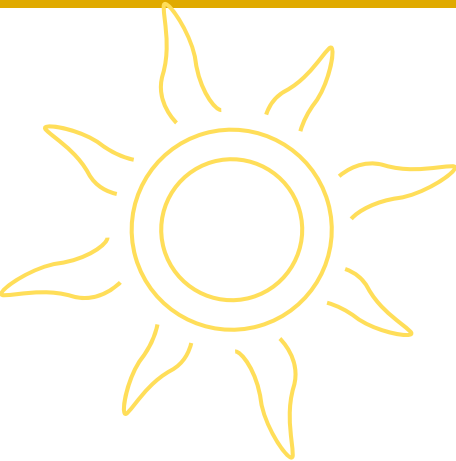


KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, MARCH 25, 2022



Spring Fling

Spring Fling festivities begin on Monday, March 28th! Student Life is bringing games, free food, and giveaways for WGTC students. Come have fun, unwind, and kick off spring with us in the Student Center on each campus! Click on the link below to find out when Spring Fling Game Day will be hosted on your campus.

<https://www.westgatech.edu/event/spring-fling/>

HEALTH AND WELLNESS:

8 Strategies for a Healthy Spring

- Move More, Sit Less
- Eat Healthy Foods
- Choose Your Drinks Wisely
- Get Enough Sleep
- Be Sun Safe
- Brush Your Teeth
- Don't Use Tobacco
- Learn Your Health History



Please click here for more info:

<https://www.cdc.gov/chronicdisease/resources/infographic/healthy-spring.htm>



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:

5 Tips to Adjust to Time Changes

1. Go to bed and get up at the same time.
2. Practice good habits before bedtime. Slow your body down.
3. Keep your dinnertime consistent. Eat more protein, less carbs.
4. Get more light!
5. Take a short cat nap.



Click below for full article:

<https://www.almanac.com/5-tips-help-your-body-adjust-time-change>

STUDENT LIFE SPOTLIGHT:

VOICES MAGAZINE WANTS YOUR STORIES

VOICES is the annual magazine published by WGTC that showcases the best examples of the creative spirit of writing. The magazine accepts submissions in three genres of writing - poetry, fiction, and non-fiction. Monetary prizes are awarded to three student entries in each category.



Submissions are being accepted now through Friday, April 4, 2022. Get your entries in by the deadline for your opportunity to show off your talent. We can't wait to showcase the work of talented WGTC writers this year. For more information about the WGTC Voices Magazine, visit :

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

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: Are you a clutter bug? We all have a little clutter here and there, but do you know how to de-clutter? Take the quiz here: <https://clutterbug.me/>



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, age, political affiliation or belief, genetic information, 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, 770.537.5722, 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.