

KNIGHT NEWS

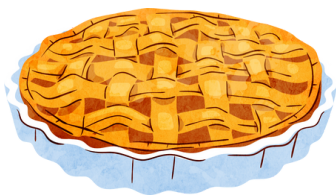
YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, NOVEMBER 11, 2022



November is Native American Heritage Month. In 1990 Congress passed and President George H. W. Bush signed into law a joint resolution designating the month of November as the first National American Indian Heritage Month. The month is a time to celebrate rich and diverse cultures, traditions and histories and to acknowledge the important contributions of Native people. Use this month to gain knowledge about native tribes and to raise general awareness about the challenges that Native people have faced historically and now in the present. For historical, event, and exhibition information, visit the National Native American Heritage Month Website [here](#).

HEALTH AND WELLNESS

HEALTHY DESSERTS FOR THANKSGIVING



Check out these healthy twists on your favorite desserts for Thanksgiving, that will satisfy your sweet tooth, but with less sugar.

Please click here for more info:
<https://www.womenshealthmag.com/food/g29503143/healthy-thanksgiving-desserts/>



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:

6 Strategies to help with Daylight Savings Time

- Prioritize Daylight Exposure
- Take Precautions in Case of Sleep Disruption
- Upgrade Your Sleep Hygiene
- Eat a Healthy Diet
- Take a Short Nap if Necessary
- Consider Relaxation Techniques

Click click to view full article:



STUDENT ORG SPOTLIGHT

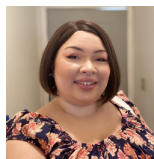


ELECTION



Annually WGTC's chapter of Georgia Student Government Association holds elections for students desiring to lead in a GSGA executive officer position. West Georgia Tech's student body votes for the individuals to become officers. Voting begins today Nov. 11th and will end on Wed. Nov. 16th at 7pm. Be sure to view candidates' campaign info and to vote electronically by clicking on the ballot box above.

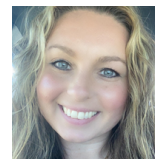
2022 - 2023 GSGA Candidates



Abria Reyes
General Studies
LaGrange Campus



Erica Brewer
Engineering
Carroll Campus



Jennifer Sampson
Business Healthcare
Douglas Campus



Shanique Lee
Healthcare Science
Douglas Campus

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

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

STUDENT COUNSELING CONNECTION



QUIZ CORNER: Let this quiz guess what yummy thanksgiving food you are. Have fun and feel free to email Student Life to let us know if it guessed correctly. (Click the Turkey for the quiz)

