

KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, OCTOBER 14, 2022

Halloween Party!

WHO'S READY TO P-A-R-T-Y! Please join Student Life in the student centers **October 24th-27th** for a Halloween party filled with **FREE** food, games, mocktails, and BINGO for a chance to win fantastic prizes! (Click the flyer for more details). On **Friday, October 28th**, you can experience Pumpkins at Callaway Gardens. For \$10, you get a FREE t-shirt, a FREE dinner, and entry into Callaway Gardens which features towering pumpkin trees, an enchanted pumpkin forest with glowing critters, glow-in-the-dark mini golf, 7.5 acre corn maze and so much more. (I know what a deal!) Click the Jack-o'-lantern to Sign up.



HEALTH AND WELLNESS

30 HEALTHY HALLOWEEN TREATS, SNACKS, AND RECIPE IDEAS



Don't be frightened or spooked by the high sugar filled candy/snacks in October. Check out these healthy Halloween inspired treats.

Please click here for more info:

<https://www.prevention.com/food-nutrition/g29490447/healthy-halloween-treats/>



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:

In honor of October being Breast Cancer Awareness month, please review these tips on how to perform a Breast Self-Exam for both men and women. Breast self-exam helps you understand the normal look and feel of your breasts. If you notice a change in your breasts that seems abnormal or if you notice one breast is different when compared with the other, you can report it to your doctor.

1. Examine Your Breasts in a Mirror With Hands on Hips
2. Raise Arms and Examine Your Breasts
3. Look for Signs of Breast Fluid
4. Feel for Breast Lumps While Lying Down
5. Feel Your Breasts for Lumps While Standing or Sitting

Click below for full article:
<https://www.breastcancer.org/screening-testing/breast-self-exam-bse>

NATIONAL SUBSTANCE ABUSE PREVENTION MONTH

October is **National Substance Abuse Prevention Month**. The role of substance abuse prevention month is to remember those who have lost their lives to substance abuse, to acknowledge those in recovery, as well as children, parents, family, and friends supporting them. Student Life is doing its part to spread awareness. During Halloween parties, join us for mocktails, drunk goggles games/scenarios, and information on substance abuse and how it can affect you. If you noticed the damaged car parked on your campus, it serves as a representation of the consequences of intoxicated driving.

For support and help please visit WGTC Student Counseling Connection for Confidential Counseling and more



WGTC VIRTUAL CORNER: Let this quiz guess your zodiac sign based on the candy you choose and like! Have fun and feel free to email Student Life to let us know if it guessed correctly. (Click the candy bucket for the quiz)

