

KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, APRIL 14, 2023

**THERE ARE A FEW SLOTS LEFT... TO SIGN UP
FOR THE CULTURAL ENRICHMENT EXPERIENCE!**

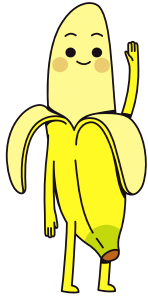
Join Student Life on April 21st for our Cultural Enrichment Experience. For \$10, you get Admissions to the High Museum of Art with docent-led tour, dinner, WGTC swag pack and chartered Transportation. (I know what a deal!) Please scan the QR Code to sign up!

Cultural Enrichment Experience -
High Museum of Art Trip



HEALTH AND WELLNESS

**APRIL 19TH
NATIONAL BANANA
DAY!**



National Banana Day is APRIL 19th. To celebrate, take a look at these delicious banana recipes. Please send pictures to student life if you try one of them.

Please click here for more info:
<https://www.eatthis.com/national-banana-day-recipes/>



**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: SPRING
CLEANING!**

Now that we are almost a month into spring, it is officially SPRING CLEANING TIME! Have you started? If not, check out these tips to help you get started

Spring Cleaning Tips:

- Organize the Fridge
- Clean Walls
- Spray down windows and dust the blinds
- De-Stink the kitchen sink
- Steam clean the microwave
- Bring stained cutting boards back to life
- DIY a stainless steel cleaner for sparkling appliances.

View full article and 30+ more tips by clicking the CLEANING SUPPLIES!

April Book Recommendations for your Spring Reading List

Atomic Habits- James Clear

Get Good With Money- Tiffany Aliche

101 Essays That Will...- Brianna West

Rich Dad Poor Dad -Robert Kiyosaki



STUDENT LIFE SPOTLIGHT

SPRING FLING RECAP

Check out the fun we had for SPRING FLING event. Student life enjoyed all the students that had fun and kicked off spring break with us!



**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/>



Horoscope CORNER: Check out your Horoscopes Profile for 2023! Email student life if you found anything intriguing or interesting about your profile. Click the Horoscope wheel!



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