



JANUARY 2026

MONTHLY NEWSLETTER



THE WELLNESS NEWSLETTER

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

📱 Knustwellnesscentre 📺 KNUSTWELLNESSCENTRE 🌐 <http://wellness.knust.edu.gh> ☎ 032 219 1673

CARE FOR THE EYES DURING HARMATTAN

MELVIC AMPONSAH MARFO, OD , KWADWO OWUSU AKUFFO, OD
(DEPARTMENT OF OPTOMETRY AND VISUAL SCIENCE, KNUST).

It's that season again!

There is haziness in the atmosphere. The air is dry causing people to have cracked and sore lips. But is the eye also affected in this season? If yes, then how can we guard against the unfair treatment meted out by these climatic changes?

Weather conditions affect the entire body especially the eyes. Due to the direct contact between the eye and the environment, the entire ocular surface and surrounding ocular structures are influenced. Below are some few tips to help protect the eyes:

- Instead of rubbing your eyes when experiencing any form of discomfort or irritation in your eyes, use clean water to flush it out.
- If you have blurry vision and you are using prescribed glasses, endeavor to wear them always to see well through the harmattan haze
- Always wash your hands before touching your eyes when you go outdoors. Wash your hands if you touch dirty surfaces or objects before touching your eyes.
- Do not share personal items such as towels, handkerchiefs, bed linens or sheets. These items could facilitate the quick spread of eye infections. They should also be washed and changed regularly.
- Increase your water intake to keep the whole body hydrated.
- The use of eye lubricants such as artificial tears will help your eyes to remain well hydrated and prevent eye dryness. Endeavour to consult your eye doctor before purchasing any eye lubricant.
- If certain eye symptoms persist, see your eyecare specialist or visit the Optometry Eye Clinic at the Basement Room Number 24, Aboagye Menyeh Complex, College of Science, KNUST.



NUTRITION CORNER

HOW MUCH SODIUM DO YOU TAKE IN A DAY

BY AMA AFRAKOMA AMOAH (RD MPHIL)

The recommended amount of sodium in a day is less than 2400mg which is equivalent to 5g of salt or 1 teaspoon of salt. Diets high in sodium are associated with an increased risk of developing high blood pressure which leads to stroke and other cardiovascular diseases.

Here are healthy tips to cut down on sodium intake.

- **Read the nutritional label on food products.**

Choose no or reduce sodium.

The amount of each nutrient is expressed as a percentage of the daily value (DV).

Daily value is the required amount of a nutrient to take in a day. 5% DV indicates low sodium content whereas 20% or more suggests a high sodium level.

- **Buy fresh and natural food items**

Choose fresh foods (vegetables, fruits, meat, fish, nuts and seeds) instead of processed varieties.

- **Wash sodium off**

Rinse sodium-containing foods such as salted fish 'koobi'. This removes some amount of sodium from it.

- **Prepare what you eat**

Limit eating food outside home and choose low sodium food options when eating out.

ANNOUNCEMENTS



DE-STRESSING WALK AND AEROBICS

THIS AND EVERY SATURDAY

KNUST WELLNESS CENTRE (ADJACENT THE KNUST POOLSIDE)

5:30 - 7:00 AM PARTNER: AEKOH NATURAL MINERAL WATER

IT'S FREE FOR ALL

@Knustwellnesscentre
"Your Wellbeing, Our Priority"

Saturday Walk and Aerobics is scheduled for every Saturday from **5:30am-7:30am** at the KNUST Wellness Centre.
This is open to all and free for all.



GRAB A COPY JUST AT

GHC 50 << T-SHIRT ROUND NECK
GHC 70 << COTTON LACOSTE
GHC 30 CAPS - BLACK, WHITE/ GREEN

KINDLY PLACE YOUR ORDER THROUGH
0322 191 673
0507 150 792

NOTE: SEND A SCREEN SHOT OF PAYMENT TOGETHER WITH PREFERRED SIZE AND COLOUR

AVAILABLE SIZES
M | L | XL | 2XL | 3XL



KNUST WELLNESS CENTRE
IN COLLABORATION WITH
BEHAVIORAL SCIENCE DEPARTMENT
KNUST COUNSELLING CENTRE
PRESENT
INTRODUCTION TO CAREGIVING FOR THE ELDERLY
A CPD-ACCREDITED SHORT COURSE

Are you passionate about providing quality care for the elderly?
Gain the skills, confidence, and compassion needed to make a lasting impact in elder care.

- >> Accredited by: Nursing and Midwifery Council.
- >> Course Fee: GHC 2,500.00
- >> Commencement: 2026 Intake
- >> Mode of Study: Online & In-Person options available
- >> Registration: Pick a form at the KNUST Wellness Centre
- >> Registration fee: Ghc 150

- Learn from experienced facilitators
- Build professional caregiving competence
- Earn a recognized CPD certificate

For Enquiries & Registration

Contact Us: 0548503770 / 0240152493
Or visit the KNUST Wellness Centre Secretariat (Adjacent KNUST Poolside)

The KNUST Wellness Centre, in collaboration with the Behavioural Science Department and KNUST Counselling Centre, invites applications for a CPD-accredited short course in Introduction to Caregiving for the Elderly.

📌 Fee: GHC 2,500 | Mode: Online & In-Person | Commencement: 2026
📌 Registration: Pick up a form at the KNUST Wellness Centre

☎ Enquiries: 0548503770 / 0240152493