



AUGUST 2026

MONTHLY NEWSLETTER



THE WELLNESS NEWSLETTER

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

 Knustwellnesscentre  KNUSTWELLNESSCENTRE  <http://wellness.knust.edu.gh>  032 219 1673

HEALTH BEYOND RECRUITMENT

ABIGAIL KWARTENG

SENIOR ADMINISTRATIVE ASSISTANT, KNUST WELLNESS CENTRE.

Two employees retired from their institution last year. One left quietly, exhausted, managing hypertension, back pain and burnout. She said “I gave this place all my youth, I am leaving with my health in pieces”.

The other also retired with the same years of service, similar workload history. But the story was different. He had been part of workplace aerobics. He attended periodic health screenings. He used the staff counselling service during a stressful period. He joined nutrition seminars and slowly changed his diet. At his send-off, he smiled and said, “This place did not just use my years, it helped me keep my life”

Similar service rendered, different outcomes at the end. The difference?

One workplace saw staff as a resource. The other system saw staff as human beings who are aging every day. Many organisations are intentional about recruiting and attracting young, energetic talent. However, few are intentional about what happens to those humans over 5, 10, 20, or 30 years inside the organisation. Here is the truth we try to avoid; employees are not just gaining experience. They are also:

- Accumulating stress
- Developing lifestyle-related conditions
- Facing mental fatigue
- Going through hormonal changes, family pressures, and aging bodies.

A workplace that ignores healthy aging is quietly creating a future workforce that is less productive, more absent, more medically dependent, and emotionally drained. A company that sends people into retirement healthier than when they arrived becomes known as a truly human-centered institution. That kind of reputation attracts better talent and could be the best job advertisement.

Today's workforce is not only asking, “What do I bring to the table?”

They are also asking, “What value is this organisation adding to me and my life?”

We plan for infrastructure.

We plan for profits.

We plan for recruitment.

But do we plan for the fact that every employee is aging inside our system?



NUTRITION CORNER

DIET AND BIOLOGICAL AGE

EYRAM YAWA

(MPHIL CANDIDATE), KNUST.

What you eat does not just affect your weight and energy levels alone. It directly influences how fast the cells age which in turn affects your overall body age. DNA in cells acts as the body's biological instruction manual, informing how cells grow, repair damage, and also carry out normal functions.

As we age, damage gradually accumulates in this DNA, reducing the cell's ability to function efficiently.

The body depends on key vitamins and minerals including folate, vitamin B12, Zinc, Magnesium, Vitamin C and Vitamin D3 to maintain and protect the DNA (Villanueva et al., 2025). These nutrients work together controlling how genes are turned off and on, helping cells to properly function for longer periods (Kresge & Michels, 2024). When this system is well nourished, cells stay biologically younger for long. A lack of these nutrients will weaken the repair systems causing cells to age faster than expected.

Diets rich in leafy greens, legumes, whole grains, fish, nuts and seeds naturally supply most of these nutrients. Ultra-processed foods which are low in essential nutrients and high in added sugars, unhealthy fats, and preservatives tend to disrupt the body's ability to repair and maintain cells, leaving them more vulnerable to damage over time. Considering overall eating habits, research shows that people who follow a plant- rich diet have younger biological age than those who do not (Meijer et al., 2022).

While aging is inevitable, the rate at which your cells age is not entirely out of your control. The food on your plate today is quietly shaping how old your body feels tomorrow.

REFERENCES

Ke, T-M., Lophatananon, A., & Muir, K. R. (2024). Exploring the relationships between lifestyle patterns and epigenetic biological age measures in men. *Biomedicines*, 12(9), 1985. <https://doi.org/10.3390/biomedicines12091985>

Kresge, N., & Michels, K. B. (2024). Examining nutrition strategies to influence DNA methylation and epigenetic clocks: a systematic review of clinical trials. *Frontiers in Aging*, 5. <https://doi.org/10.3389/fra-gi.2024.1417625>

Lu, W-H. (2024). Effect of modifiable lifestyle factors on biological aging. *Journal of Aging Research and Lifestyle*. <https://doi.org/10.14283/jarlife.2024.13>

ANNOUNCEMENTS



KNUST WELLNESS CENTRE
In Collaboration with The Sports Directorate

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.



KNUST WELLNESS CENTRE
IN COLLABORATION WITH
BEHAVIORAL SCIENCE DEPARTMENT
KNUST COUNSELLING CENTRE

PRESENT

ADVANCED PROFESSIONAL CAREGIVING FOR THE ELDERLY (A CPD-ACCREDITED PROFESSIONAL COURSE)

Build on your fundamental caregiving knowledge with advanced training in geriatric care, healthy ageing, dementia care, chronic disease management, rehabilitation support, communication, ethics, and family-centered care. This course equips participants with the practical skills and professional competencies needed to provide high-quality, person-centered care for older adults in homes, hospitals, community settings, and long-term care facilities.

COURSE DETAILS

DATES: 14TH SEPTEMBER TO 25TH SEPTEMBER 2026

MODE OF STUDY: ONLINE / IN-PERSON

ACCREDITATION: NURSING AND MIDWIFERY COUNCIL ACCREDITED COURSE

CERTIFICATE AWARDED: CERTIFICATE OF COMPETENCE

REGISTRATION: PICK A FORM AT THE KNUST WELLNESS CENTRE

REGISTRATION FEE
GHC 150.00

COURSE FEE
GHC 2,500.00

TARGET AUDIENCE

- Graduates of the Introduction to Caregiving for the Elderly course
- Individuals seeking advanced skills in elderly care
- Family caregivers seeking advanced knowledge
- Faith-based and community caregivers
- Care home supervisors and managers
- Allied health professionals
- Community health workers
- Rehabilitation professionals
- Professional caregivers
- Healthcare assistants
- Social workers
- Nurses and midwives

FOR ENQUIRIES & REGISTRATION CONTACT US:
0548503770 / 0240152493
Or visit the KNUST Wellness Centre Secretariat (Adjacent KNUST Poolside)



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ASK ME ABOUT WELLNESS