

# EOHEALTH'S NEWSLETTER

*The EOhealth Holiday Edition: Impact  
& Cheer*

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## **WELCOME NOTE: WRAPPING UP 2025; HEALTH, GROWTH, AND CELEBRATION**

Welcome to the July–December 2025 edition of the EOhealth Newsletter, where we celebrate the health we build together. This half-year has been remarkable, filled with engaging webinars, impactful community outreaches, insightful health education initiatives, and countless moments where our team, volunteers, and partners came together to make a difference.

As we reflect on the programs, collaborations, and achievements captured in these pages, one thing is clear: the EOhealth community thrives when we connect, support, and uplift one another. From student wellness sessions to grassroots outreach programs, every effort has contributed to our shared mission of advancing

health literacy, promoting wellness, and building stronger communities.

We are grateful to all our supporters, volunteers, partners, and readers who journey with us in making health education accessible, practical, and impactful. Together, we continue to shape a healthier, more informed, and empowered society.

Here's to celebrating our achievements and looking forward to the exciting initiatives

**OWOLABI EMMANUEL,  
FOUNDER, EOHEALTH.**

## **HIGHLIGHTS AND MILESTONES (JULY-DECEMBER)**

### **JULY 13: EOHEALTH CHATROOM: LET'S TALK HEALTH, REAL TALK!**

The public health department proudly hosted the WhatsApp Chatroom, creating a safe space where students and health enthusiasts could ask questions, share reliable tips, and learn together. The first session took place on 13th July, 2025, focusing on debunking common health myths, promoting personal hygiene and wellness, conducting mental health check-ins, and engaging participants in interactive Q&A sessions with med students and fellow health lovers.

We extend our heartfelt appreciation to everyone who joined the conversation, making the session lively, insightful, and impactful. Through initiatives like this, EOhealth continues to empower communities to take control of their health together.

## HIGHLIGHTS AND MILESTONES (JULY-DEC)

### JULY 14: MEDIVERSE × EOHEALTH COLLABORATION

EOhealth was excited to announce its partnership with Mediverse, in a collaborative mentorship initiative designed to empower health students and young professionals across Africa.

This partnership powered by Health Konekt Africa, brought together a shared vision of fostering capacity-building, professional development, and cross-continental healthcare leadership.

Through this collaboration, EOhealth expanded its commitment to nurturing the next generation of healthcare changemakers and advancing a stronger, more connected public health community.

Together, we continued building the future of healthcare one student at a time.

### JULY 23: CARE UNDER PRESSURE: COMMUNICATION AND RESPONSE IN CRITICAL SITUATIONS

NIMSA ERA, in collaboration with EOHealth, successfully hosted a 1-day webinar titled "Care Under Pressure: Communication and Response in Critical Situations." The session focused on equipping medical students with skills in effective communication and rapid response during high-pressure clinical scenarios.

**Chief Host: Ferdinand Christine Nkiosowo – National Chairman, NIMSA ERA**

**Host: Bankole Faaizah – Local Officer, FUHSIMSA ERA**

**Speaker: Adewunmi Oreoluwa – Member, FUHSIMSA Senate; VILHERT Certified Participant**

The webinar offered practical insights, strategies, and real-life applications for handling critical situations with confidence. Attendees left empowered with knowledge to improve both communication and response during emergencies.

### JULY 24: EOHEALTH × MEDIVERSE: THRIVING IN HEALTHCARE ; A TRANSFORMATIVE CAREER SESSION

On 24th July 2025, EOhealth in partnership with Mediverse hosted a powerful career development session titled "Thriving in Healthcare: Building a Purposeful & Profitable Career in Nigeria or Abroad."

The event brought together leading voices in medicine and public health to guide students and young professionals on building impactful careers whether locally or through international pathways.

The session was hosted by:

- Emmanuel Owolabi; Founder of EOhealth, And featured two distinguished speakers:
- Dr. Kelechi Okoro (Healthertainer): Founder Health Konet, Africa
- Dr. Chinedu Valentine Eze (MBBS, MBA, MRCP, MFSEM, CCFP)

Held on X Spaces, the discussion explored practical strategies for career growth, global health opportunities, JAPA routes, and building relevance in a competitive health care landscape.

### JULY 27: WEBINAR SPOTLIGHT: FROM LEARNERS TO LIFESAVERS

EOhealth, in collaboration with the Nigerian Medical Students Association Emergency Response and Advocacy Team (NIMSA ERA) — Bowen Chapter, successfully hosted a high-impact webinar titled "From Learners to Lifesavers: Empowered to Educate, Ready to Respond."

The session brought together a dynamic lineup of emerging health leaders trained under the NIMSA–EOhealth VHLERT Certification Program, offering medical students practical insights into emergency preparedness, advocacy, and lifesaving interventions.

**Keynote Speaker**

Ferdinand, Christine Nkiosowo

Deputy General Secretary, CUMSA & National Director for NIMSA ERA

**Host**

- **Akerele Oluwatomisin- NIMSA–EOhealth VHLERT Certified Mental Health Advocate & Orius Fellow Local Officer of NIMSA ERA (BAMS)**

**Speakers**

- **Ogundiran Tofunmi – NIMSA–EOhealth VHLERT Certified**
- **Aikiodion Flourish – NIMSA–EOhealth VHLERT Certified**
- **Aisha Ogunyemi – NIMSA–EOhealth VHLERT Certified**
- **Famotuo Favour – NIMSA–EOhealth VHLERT Certified**

The session emphasized the essential role of students in emergency response, the importance of mental readiness, and the power of community health advocacy.

### JULY 27: VOICES IN CRISIS: MEDICAL STUDENTS LEADING HEALTH ADVOCACY IN EMERGENCIES

EOhealth, in collaboration with the Nigerian Medical Students Association Emergency Response and Advocacy Team (NIMSA-ERA), UBEMSA, and BIUM-



SA, successfully hosted a powerful webinar titled "Voices in Crisis: Medical Students Leading Health Advocacy in Emergencies."

This session brought together medical students from institutions across Nigeria for a timely conversation on the role of young health advocates during emergency situations from disease outbreaks to health system disruptions.

The event featured:

Chief Host:

- Ferdinand Christine Nkiosowo- Deputy General Secretary, CUMSA & National Director for Nimsa ERA, University of Calabar

Hosts:

- Clinton Alakwe- Local Officer NIMSA ERA University Of Benin
- Angel Ogiemudia- Assit. General Secretary, BIUMSA & Local Officer NIMSA ERA, Benson Idahosa University

Speakers:

- Marobosa Asemota - NIMSA South South Regional Coordinator, University Of Benin
- Orobosa Choice Edosa - NIMSA-EOhealth VILHRT Certified, Benson Idahosa University
- Ibekwe Onyinye Angel - NIMSA-EOhealth VILHRT Certified, Benson Idahosa University

Participants received practical guidance on:

Effective communication during crises

Mobilizing student networks for rapid response

Advocating for improved emergency preparedness

Strengthening public trust through accurate information

The impact of ViHLERT training on leadership readiness

This webinar reinforced EOhealth's commitment to empowering medical students with the knowledge, confidence, and platforms needed to champion lifesaving health advocacy. Together, we're raising a stronger generation of responders; students who are informed, equipped, and ready to lead when it matters most.

### **JULY 31: CRISIS RESPONSE AND HEALTH LITERACY: A COLLABORATIVE APPROACH**

The Nigerian Medical Students Association Emergency Response & Advocacy Team (NIMSA ERA) hosted a live webinar on crisis response and health literacy, focusing on collaborative strategies to enhance emergency preparedness and health awareness among medical students.

Chief Host & Hosts:

- Ferdinand Christine Nkiosowo – National Director, NIMSA ERA; Deputy General Secretary, CUMSA
- Ekeh Onyinye – Local Officer, NIMSA ERA, BUAMS
- Speakers:
- Onuoha Gianna – NIMSA ERA x EOHealth VILHRT attendee; Regional Director, NIMSA Liaison Office to WHO South-West Region
- Okangba Ugochi – NIMSA ERA x EOHealth VILHRT attendee; Local Officer, Technical Office of Maternal Health and Child Nutrition (TOM-HCN)

The webinar provided participants with practical insights into crisis management, health literacy, and collaborative approaches for effective emergency response on campus. The session concluded successfully, equipping attendees with actionable knowledge to strengthen resilience and rapid action in their communities.

## **AUGUST**

### **AUGUST 11: EMERGENCY RESPONSE 360: BUILDING RESILIENCE, READINESS & RAPID ACTION ON CAMPUS"**

The Nigerian Medical Students Association Emergency Response & Advocacy Team (NIMSA ERA-CUMSA), in collaboration with EOHealth, hosted Emergency Response 360, a virtual session aimed at equipping medical students with skills for resilience, preparedness, and rapid response on campus. The event took place on Google Meet.

Speakers & Hosts:

- Christine Ferdinand – National Director, NIMSA ERA (Chief Host)
- Dr. Idorenyin Bassey – Chief Host
- Monica Peter – Guest Speaker & Content Writer, NIMSA ERA
- Praise Ojong – EOHealth, VILHRT Certified Speaker
- Bobsay-Luciana Walter – EOHealth, VILHRT Certified Speaker

The session provided valuable insights into emergency preparedness, building resilience, and rapid action in campus settings. Attendees engaged actively, gaining practical strategies to respond effectively during emergencies. The event concluded successfully, leaving participants more confident and ready to take immediate action when needed.

### **AUGUST 13: EMERGENCY RESPONSE AND PUBLIC**



## HEALTH ADVOCACY

The Nigerian Medical Students' Association – Emergency Response and Advocacy Team (NAUMSA Chapter), in collaboration with EOhealth, successfully hosted a focused one-day webinar dedicated to strengthening emergency readiness and advancing public health advocacy among medical students.

The session brought together trained responders, student advocates, and young public health leaders committed to improving emergency preparedness within their campuses and communities.

Event Leadership

Chief Host:

- Ferdinand Christine Nkiosowo - National Director, NIMSA-ERA
- Host:
- Chigozie Chiamaka - Local Officer, NIMSA-ERA (NAUMSA Chapter)
- Speakers:
- Justice Udeoha – Programs Coordinator, NIMSA-ERA NAUMSA; NIMSA-EOhealth VIHLERT Certified Emergency Responder
- Ibegbu Augustine – Secretary, NIMSA-ERA NAUMSA; NIMSA-EOhealth VIHLERT Certified Emergency Responder

This webinar reinforced our shared commitment to building a generation of medical students who are informed, empowered, and crisis-ready—aligning strongly with EOhealth's mission of fostering skilled, proactive health advocates.

## AUGUST 14: BEYOND THE WHITE BOX; EXPLORING NON-CLINICAL OPTIONS IN HEALTH

Mediverse HQ, in collaboration with EOhealth Hub, proudly presented “Beyond the White Box: Exploring Non-Clinical Options in Health”, an engaging session dedicated to broadening perspectives on careers and opportunities beyond traditional clinical paths.

Participants were encouraged to check the flyer for full details and join the conversation via X Space. This initiative was powered by HealthKonekt, reflecting our shared commitment to expanding knowledge, innovation, and professional growth in the health community.

The webinar was hosted by Dr. Chris Onuoha and featured highly esteemed speakers who shared insights, experiences, and guidance on thriving in non-clinical health roles:

- Dr. Tunji Adeniji soji - Consultant family physician
- Dr. Kelechi okoro - Healthertainer Founder

Health Konet, Africa

- Dr. Ikpeme Neto - CEO, Weila health technologies

## AUGUST 25TH: EOHEALTH SUPPORTS THE FUTURE OF PUBLIC HEALTH CONFERENCE (FPHC 2025)

EOhealth proudly supported the Future of Public Health Conference (FPHC 2025); a major gathering dedicated to shaping the future of health service delivery across Africa. The conference, held from 25th to 28th August 2025 at Babcock University, brought together students, researchers, public health professionals, and innovators from across the continent.

Centered on the theme “Bridging Service Delivery Disruption in Public Health: A Critical Imperative for Our Future,” the event provided a powerful platform for dialogue, learning, and collaboration. Health students were encouraged to submit abstracts and participate in conversations around digital health, One Health, epidemic prevention, health equity, and other emerging public health concerns.

EOhealth was delighted to be part of this transformative experience, one that continues to inspire young public health leaders to drive meaningful change across Africa.

August 17: Crisis Ready; Building the Med Student Mindset for Emergencies

EOhealth partnered with the Ladoke Akintola Medical Students Association Emergency Response & Advocacy Team (LAUMED ERA) and the LAUMED Journal Club to host a powerful virtual session titled “Crisis Ready: Building the Med Student Mindset for Emergencies.”

The webinar focused on strengthening emergency preparedness among medical students, improving response capacity, and equipping future clinicians with the right mindset for high-pressure situations.

Chief Host

- Ferdinand Christine Nkiosowo - National Director, NiMSA ERA

Host

- Ajobeku J. Josiah - LO-NiMSA ERA, VIHLERT Certified
- Speakers
- Olaniyi Peter - Managing Editor, LAUMED Journal Club
- Ajayi Iyanuoluwa - NiMSA-EOhealth VIHLERT Certified

The session reinforced the importance of clinical readiness, mental resilience, and teamwork in emergency response; core values essential for the next generation of medical professionals.



### **AUGUST 20: THE GOOD SAMARITAN CODE; BASIC FIRST AID TRAINING**

The NiMSA ERA FUTAMSA Chapter, in partnership with EOhealth and the Red Cross Society (FUTA Detachment), successfully hosted an impactful training titled "The Good Samaritan Code." The session equipped students with essential lifesaving skills designed to strengthen emergency preparedness within the campus community.

The training focused on empowering participants with practical, hands-on knowledge, including:

- Effective CPR and Choking Rescue Techniques
- Bleeding Control and Basic Injury Management
- How to Recognize and Respond to Emergencies Confidently
- Foundational First Aid Principles Every First Responder Should Know

Participants also had the opportunity to earn Basic First Aid Certification, enhancing their readiness to act swiftly and responsibly in real-life emergencies. This collaboration reflects our shared commitment to creating a community where students are not just knowledgeable but prepared to save lives when it matters most.

### **AUGUST 23: NIMSA ERA; BINGHAM CHAPTER IN COLLABORATION WITH EOHEALTH**

In our continued commitment to strengthening health literacy among young people, the NIMSA Emergency Response and Advocacy Team (Bingham Chapter), in collaboration with EOhealth, successfully hosted an enlightening virtual session themed "Know Better, Live Better: The Power of Health Literacy."

This session underscored the critical role of accurate health information in shaping healthy choices, empowering communities, and improving long-term wellbeing.

Event Leadership:

Chief Host: Ferdinand Christine Nkiosowo – National Director, NIMSA ERA

Host: Angel Adaji – Local Officer

Speaker: Igwebuike Nkechi

Participants gained insights into practical health literacy approaches, misinformation management, and the importance of accessible health knowledge in today's evolving healthcare landscape.

### **AUGUST 27: ODOGBOLU COMMUNITY HEALTH OUTREACH: ADVANCING HEALTH EQUITY THROUGH COLLABORATION**

As part of the Future of Public Health Conference (FPHC) 2025, and in collaboration with the Depart-

ment of Public Health, the Public Health Students Association, and Babcock university Association of Medical Students, EOhealth proudly participated in the Odogbolu Community Health Outreach; a key extension of our commitment to improving community health.

This outreach embodied our shared dedication to health equity, preventive healthcare, and grassroots engagement, bringing essential services directly to underserved residents of the Odogbolu community.

We extend our heartfelt appreciation to all partners and supporters whose contributions made this initiative impactful and successful:

- Babcock University
- BUAMS
- EOhealth
- TAZ Health

### **AUGUST 28: MENTAL HEALTH SPOTLIGHT: NAVIGATING FAILURE IN MEDICAL SCHOOL**

EOhealth continued its commitment to student well-being by hosting an insightful conversation titled "Mental Health for Medics: Dealing with Failure in Medical School."

The session acknowledged a truth many medical students face: failure is not the end; it is a moment of reflection, resilience, and redirection.

The discussion emphasized that resilience isn't the absence of failure, but the strength to rise after it. Students were encouraged to examine setbacks constructively, asking what went wrong, what could be improved, and how to move forward with clarity and confidence.

The session via X Space (with additional access via Google Meet) together with host and esteemed speakers created a safe space for medics to learn, share, and redefine their relationship with academic challenges:

Host:

- Ebine Favour

Speakers:

- Dr. Kelechi okoro - Healthertainer; Founder Health Konet, Africa
- Eyimofe Onifade - Mental therapist; Founder Moffles Couch

### **AUGUST 30: DIGITAL HEALTH ENGAGEMENT SERIES: EMPOWERING TOMORROW'S HEALTH CREATORS**

In our continued effort to strengthen digital health communication and amplify the voices of young health advocates, EOhealth supported an insightful X (Twitter) Space session titled: "How to Build,



Post & Stay Consistent as a Health Creator."

The live discussion brought together aspiring and established health content creators to explore practical strategies for visibility, consistency, and credible online engagement.

The session was handled by our esteemed host with valuable insights from leaders in the digital health space who shared actionable tips on content planning, branding, audience engagement, and sustaining momentum in the fast-evolving world of health communication.

Host:

- Dr. John Afam - Member, WHO Fides. Public secretary- NARD
- Speakers:
- Dr. Olawale - Member, WHO Fides. Lead-Health-kraft
- The Bearded Shina - Member, WHO Fides. Co founder - Priv

Powered by The Health Creators Community, the session encouraged students and young professionals to leverage digital platforms for education, advocacy, and impact.

Together, we continue to build a generation of informed, confident, and impactful health creators.

## SEPTEMBER

### SEPTEMBER 13: MENTAL HEALTH WEBINAR: PRIORITIZING YOUR MIND FOR ACADEMIC AND LIFE SUCCESS

As part of EOhealth's commitment to student well-being, we proudly hosted a webinar on "Impact of Mental Health on Academics and Everyday Life" via Google Meet. This event highlighted the vital role mental health plays not only in academic performance but in shaping overall quality of life. Students engaged in meaningful conversations about managing stress, anxiety, and burnout, gaining practical insights to help them thrive both inside and outside the lecture hall.

We extend our heartfelt appreciation to all participants, speakers, and supporters who joined us, making the webinar insightful, impactful, and truly memorable.

Host:

- Bryant onowareke - Eohealth campus representative, UNIBEN
- Guest speakers:
- Dr. Moses Onwubuya - 47th NIMSA President
- Ekundayo Ayomide - President, OSUMSA
- Dr. Uba Dennis - Assistant Professor Of Clinical Psychology Department Of Psychology, Baze University, Abuja



### SEPTEMBER 29: WORLD HEART DAY COMMUNITY OUTREACH: PROMOTING HEART HEALTH IN ILISHAN

**IN COMMEMORATION OF WORLD HEART DAY** on September 29, GLUCOVIVE, in collaboration with EO-HEALTH, TAZ Health, The Cardio Health, BU Public Health Students Association (PUHSA), and NIMELSA Babcock, proudly hosted a special community outreach at Ilishan Market on September.

This initiative brought essential health services directly to the community, including free blood pressure checks, free blood sugar screenings, expert consultations, fitness sessions, and impactful health education, all aimed at promoting heart health and overall well-being.

We extend our sincere appreciation to our public health department, partners and supporters whose collaboration made this outreach meaningful and impactful. Together, we continue to build healthier, thriving communities.

## OCOTBER

### OCOTBER 6; EOHEALTH HUB WINS STARTUP OF THE YEAR!

EOhealth Hub is proud to have received the Startup of the Year Award from LinkedIn Local-Nigeria, in recognition of outstanding leadership, impact, and contributions to the LinkedIn professional community.

This honor is truly special. From a small idea built on purpose to a growing movement shaping conversations around health literacy, digital innovation, and community wellness, EOhealth Hub stands as proof that passion, when combined with consistency, drives real transformation.

We extend our heartfelt appreciation to our dedicated team, partners, and every volunteer whose commitment continues to make EOhealth Hub what it is today. The journey is just beginning, and our mission to make quality health information accessible to all moves forward with even greater energy and purpose.

### OCTOBER 11: WORLD MENTAL HEALTH DAY WEBINAR: THE SYNERGY OF SELF-IMAGE, CONFIDENCE, AND ACADEMICS

EOhealth Hub proudly hosted a special chatroom session on World Mental Health Day, exploring the powerful connection between self-image, confidence, and academic success. The webinar highlighted how a healthy mind and positive self-perception influence not just academic performance, but professional growth and personal development.

Participants engaged in meaningful conversation





and discovered practical strategies to strengthen mental well-being, build resilience, and cultivate the self-belief that drives excellence.

We extend our sincere appreciation to all participants, speakers, and supporters who joined us in making this event insightful, inspiring, and impactful.

- Facilitator: Adebisi Moyinoluwa
- Speaker: Ekuma Chigozie

## NOVEMBER

### NOVEMBER 30TH: STOMACH CANCER PREVENTION AWARENESS SESSION

EOhealth hosted an insightful virtual session titled "Preventing Stomach Cancer Through Diet and Lifestyle" on November 30th, 2025. The discussion focused on practical, evidence-based steps individuals can take to reduce their risk of stomach cancer through healthier daily choices and improved awareness.

The session brought together knowledgeable speakers who shared guidance on nutrition, lifestyle modification, early warning signs, and preventive strategies.

Host:

- Adeleye Daniel

Speakers:

- Oluwafisayomi Boye
- Dr. Aremu Mike
- Nashrah Shahid

It was a meaningful conversation that empowered participants with actionable knowledge and reinforced EOhealth's commitment to preventive health education.

## DECEMBER

### DECEMBER 1: EOHEALTH TURNED 2! – WORLD HIV/AIDS DAY CONVERSATION

This year, EOhealth celebrated 2 years of impact, growth, and community health advocacy! As part of our anniversary and in honor of World HIV/AIDS Day, we hosted a powerful X Space conversation focused on prevention, awareness, and the future of HIV care.

Participants joined an enlightening discussion, exploring how to protect oneself, support those affected, and shape the future of HIV care in Nigeria. It was a celebration of two years of EOhealth, where students and health enthusiasts learned, engaged, and made a difference together.

### DECEMBER 3: ICASA 2025 YOUTH PRE-CONFERENCE HIGHLIGHTS

The 23rd International Conference on AIDS and STIs in Africa (ICASA 2025) featured a vibrant Youth Pre-Conference held on 3rd December 2025 at the Accra International Conference Centre, Accra, Ghana. The pre-conference convened young leaders, advocates, researchers, and partner organizations working at the forefront of Africa's HIV response.

The session was held under the theme "Generation Resilience: Reimagining Leadership, Health, and Justice in Africa's HIV Response," with the guiding message "Our Voice. Our Vision. Our Future." setting the tone for youth-driven advocacy and inclusive leadership.

#### EOHealth Representation

EOHealth was actively represented at the Youth Pre-Conference, reinforcing its commitment to youth engagement, health advocacy, and capacity building within Africa's HIV and SRHR response. EOHealth's participation contributed to collaborative discussions focused on strengthening youth leadership, evidence-based advocacy, and community-driven health solutions.

#### Key Topics & Sessions

Participants engaged in impactful sessions including:

- The 3-Tool Advocacy Toolkit for SRHR and HIV, bridging grassroots evidence and policy influence
- Emerging Researchers Workshop
- Reimagining Youth-Led Programming 3.0 for improved HIV and SRHR outcomes
- Sex Education Reimagined
- Addressing anti-rights and anti-gender push-backs in the HIV response
- Advancing youth voices in inclusive health and climate justice
- Youth accountability in national HIV responses
- Building local capacity for effective advocacy

## IMPACT

The ICASA 2025 Youth Pre-Conference strengthened youth networks, amplified young voices, and equipped participants with practical tools to advance resilient, equitable, and youth-centered HIV responses across Africa.

### DECEMBER 4: WORLD AIDS DAY OUTREACH

The MBBS 2026 Class of Babcock University, in collaboration with the Community Medicine Department, Babcock University Teaching Hospital, carried out a meaningful World AIDS Day Outreach at Adventist Medical Center, Inisha, Osun State.

The outreach was organized to raise awareness about HIV/AIDS, promote prevention strategies,



and provide essential health services to the community in commemoration of World AIDS Day.

#### Activities Conducted

- HIV Screening
- Hepatitis B Screening
- Vital Signs Assessment
- Counseling & Health Education
- Additional Community Health Support Services

The event recorded an impressive turnout and created an opportunity for community members to access free screenings, receive counseling, and engage in conversations around HIV stigma reduction and overall wellness.

#### Sponsors & Partners

The outreach was proudly supported by:

- EOHealth
- SickleCare Initiative
- Medical Women's Association of Nigeria, Mirabel Unit
- BlueZone
- NIMSA Public Health Directorate

This outreach not only strengthened community health engagement but also reinforced the commitment of Babcock University medical students to service, advocacy, and public health improvement. December 5: Healthy Minds, Healthy Communities: The Power of Service, Wellness, and Volunteerism EOHealth in collaboration with the UNIMED Medical Students' Association hosted a virtual webinar titled "Healthy Minds, Healthy Communities: The Power of Service, Wellness, and Volunteerism." The session highlighted the role of wellness, service, and advocacy in building healthier campus communities, especially in line with the spirit of International Volunteer Day.

The webinar brought insightful conversations on mental wellness, balancing volunteer responsibilities, and strengthening a culture of health advocacy among students.

#### Guest Speakers

- Olalekan Samuel – Director of Human Resources, EOHealth
- Ebine Favour – UMSA Welfare Director

#### Hosts

- Balogun Henry – Host, UNIMED EOHealth Campus Lead
- Adekule Aisha Temidayo – Co-Host, Certified EOHealth Member

The session engaged participants in meaningful discussions about service, leadership, and the importance of sustaining personal wellness while volunteering. The event concluded with renewed

## IMPACT & REACH: EOHEALTH IN NUMBERS

Our digital footprint continues to grow, reflecting the influence and engagement of EOhealth across multiple platforms. Here's a snapshot of our impact so far:

Instagram: 918 followers actively engaging with health content, updates, and events.

WhatsApp Channel: Over 1,000 subscribers receiving timely health tips, program announcements, and wellness guidance.

EOhealth Chatroom: 982 members learning, sharing, and discussing health topics in a safe, interactive space.

Twitter/X: 478 followers keeping up with bite-sized health education and live updates.

LinkedIn: Over 2,000 followers, including professionals and students, connected through health literacy initiatives and digital campaigns.

#### What This Means

These numbers aren't just statistics, they represent lives touched, communities informed, and students empowered. Each follower, subscriber, and chatroom member is part of a growing network committed to improving health literacy and promoting well-being.

Our reach continues to expand, and every like, comment, share, and participation is proof that EOhealth is making a real impact, one student and community at a time.

## EOHEALTH PARTNERS & COLLABORATIONS (JULY – DECEMBER 2025)

Babcock University – Host institution and collaborator on various initiatives.

BUAMS (Babcock University Alumni Medical Students) – Partner in community outreaches like Odogbolu and Joy to the World.

NiMSA (Nigerian Medical Students Association) – Collaboration on welfare sessions and student-centered programs.

TAZ Health – Community outreach partner (e.g., Il-ishan Market, World Heart Day).

HealthKonekt – Powered webinars and events (e.g., Beyond the White Box).

Mediverse HQ – Co-hosted Beyond the White Box webinar and contributed to health innovation discussions.

The Cardio Health – Partner for community health



outreach programs.

NIMELSSA Babcock – Partner for community health programs and awareness campaigns.

LinkedIn Local-Nigeria – Recognized EOhealth Hub as Startup of the Year.

Glucovive – Partner for health education, screening initiatives, and wellness campaigns

EOhealth Volunteers – Key collaborators across programs, ensuring smooth execution and engagement.

## CELEBRATING OUR OWN: TWO MAJOR WINS IN THE EOHEALTH FAMILY!

Big wins deserve big shoutouts and today, we are celebrating two incredible women who have not only served EOHealth with passion, but have now stepped into new chapters of greatness.



### CONGRATULATIONS, ETIM-JOHN JOAN

Our amazing Director of Public Health just graduated as a Registered Nurse!

Joan, your dedication to community health, your heart for service, and your ability to show up consistently, even on your busiest days have inspired us all.

You've cared for EOHealth like a true nurse long before the certificate came. Now the world gets to see the brilliance we've always known.

We're super proud of you!



### CONGRATULATIONS, DR. AKAGHA AKUNNA

Our brilliant Deputy Director of Public Health is officially a Medical Doctor!

From coordinating health campaigns to leading with grace, strength, and excellence, you've shown us what it means to blend leadership with compassion.

Seeing you cross this milestone reminds every student in EOHealth that dreams do come true with discipline, grit, and God's grace.

Your achievements remind us why we do what we do.

You've proven that student leaders can excel academically, serve their community, and still shine in their personal journeys.





# SPOTLIGHT

## APROKO DOCTOR; MAKING HEALTH RELATABLE, ONE JOKE AT A TIME

### Who is Aproko Doctor?

Aproko Doctor, whose real name is Dr. Chinoonso Egemba, is a Nigerian medical doctor and social media health influencer. He has gained massive popularity for breaking down complex health information into simple, relatable, and entertaining content, primarily on Instagram, X (Twitter), and TikTok. His unique style combines humor, local context, and practical advice, making medical knowledge accessible to everyday people.

### How He's Changed the Healthcare Space:

**Demystifying Health Information:** Aproko Doctor takes medical jargon and translates it into everyday language. Whether it's mental

health, medication advice, or preventive care, he ensures people understand their health.

**Promoting Preventive Healthcare:** Through his entertaining content, he educates people on blood pressure, diabetes, hygiene, vaccination etc, encouraging proactive health management.

**Engaging Younger Audiences:** By using humor, puns, memes, and relatable skits, he reaches youth and students who might otherwise ignore health messages.

**Reducing Stigma:** Aproko Doctor addresses mental health, sexual health, and chronic conditions openly, helping to normalize conversations around topics that were once taboo.

**Community Impact:** He encourages audience participation through challenges, Q&A sessions, and interactive posts, creating a two-way dialogue between medical professionals and the public.

### Why Students Should Be Motivated:

**Innovate in Communication:** Aproko Doctor shows that medicine isn't just about hospitals or textbooks, you can use creativity, technology, and social media to make real impact.

**Bridge Knowledge Gaps:** Students can see the value of making medical knowledge accessible to people outside the classroom, a skill that's crucial for community health.

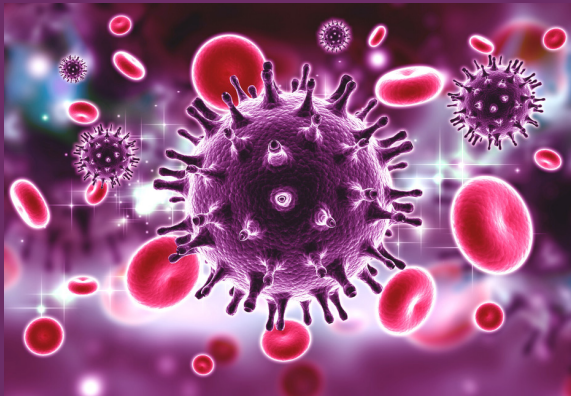
**Purpose + Passion = Impact:** Aproko Doctor started small, but consistent efforts and a unique voice grew into a platform that educates millions, proving that your ideas can scale if executed well.

**Think Beyond Traditional Roles:** He inspires students to explore non-clinical career options in health; digital health education, health communication, public health advocacy, and content creation.

"Medicine isn't only about treating patients; it's about connecting, educating, and inspiring communities. Your voice, creativity, and passion can change lives, just like Aproko Doctor is doing."







## HEALTH FOCUS: HIV

### HIV: What Everyone Should Know

#### 1. HIV ≠ The End

- HIV doesn't mean death. With early testing, treatment, and care, people live long, healthy lives.
- ART (Antiretroviral therapy) works like a boss — keeping the virus in check.

#### 2. Know Your Status

- Testing is free, quick, and confidential.
- Knowing your status = power. Seriously, it's like unlocking the "knowledge cheat code" for your health.

#### 3. Myths vs Facts (Let's Bust Some!)

- Myth: "HIV can be transmitted by hugging or sharing food."
- Fact: Nope. Only blood, sexual fluids, or mother-to-child transmission count.
- Myth: "HIV is a death sentence."
- Fact: With treatment, people with HIV can live normal, full lives.

#### 4. Prevention = Smart Choices

- PrEP (pre-exposure prophylaxis) is a pill that helps prevent HIV if you're at risk.
- Routine testing for sexually active individuals is.

#### 5. Did You Know? (Fun Fact!)

- The first HIV cases were recorded in the 1980s, but today, millions of people are thriving thanks to science and access to care.
- Stigma is the real enemy, not people living with HIV. Be kind, check facts, and spread awareness.

## GAME TIME

### 3 TRUTHS & 1 LIE – SPOT THE LIE

- EOHEALTH HAS COLLABORATED WITH OVER 10 HEALTH ORGANIZATIONS.
- EOHEALTH HAS HOSTED WEBINARS WITH OVER 300 TOTAL PARTICIPANTS.
- EOHEALTH HAS EXECUTED PHYSICAL OUTREACH PROGRAMS ACROSS MULTIPLE COMMUNITIES.
- EOHEALTH OWNS A PRIVATE HELICOPTER FOR MEDICAL OUTREACH.

- EOHEALTH RUNS ONE OF THE MOST ACTIVE STUDENT-LED HEALTH PLATFORMS IN NIGERIA.
- EOHEALTH HAS A TEAM MADE UP OF STUDENTS FROM DIFFERENT UNIVERSITIES.
- EOHEALTH VOLUNTEERS DON'T JOKE WITH DEADLINES.
- EOHEALTH EXECUTIVES DON'T DRINK COFFEE DURING STRESS.

- EOHEALTH HAS FEATURED EXPERTS LIKE HEALTHERTAINER AND TJAY.
- EOHEALTH ONCE PLANNED 12 ACTIVITIES IN 2 MONTHS.
- EOHEALTH VOLUNTEERS NEVER PANIC BEFORE EVENTS.
- EOHEALTH IS BUILDING THE NEXT GENERATION OF HEALTH ADVOCATES.



**GAME  
TIME****Would You Rather (EOhealth x Student Edition)****WOULD YOU RATHER...****A) Write one more exam****OR****B) Be the one to present  
in front of the whole class  
with zero preparation?****WOULD YOU RATHER...****A) Have 1 week to submit an  
assignment****OR****B) Have a group project  
with that one person who  
never shows up?****WOULD YOU RATHER...****A) Plan an EOhealth  
outreach in 3 days****OR****B) Solve biochemistry past  
questions without a calculator?****WOULD YOU RATHER...****A) Get free WiFi for a month****OR****B) Get free food for a month?**

# TESTIMONIALS

DR. AKAGHA AKUNNA

## BECOMING MORE THAN A MEDICAL STUDENT: HOW EOHEALTH EXPANDED MY HORIZON

1. How did you first join EOHealth, and what made you stay?

*I've always had an interest in giving back to the community through health so when I saw a call for volunteers for EOhealth on a group chat I applied. Being in EOhealth has been a journey but one thing that made me stay is the feeling of making a difference. Being able to see that the things we talk about the topics we share create awareness and help the community*

2. What was the most challenging part of balancing EOHealth responsibilities with medical school?

*The most challenging part for me was finding time. With exams and reading taking the bulk of my time, I had to be intentional about creating time to participate in activities.*

3. Looking back, which EOHealth project or moment shaped you the most as a student?

*The earliest EOhealth project I remember is actually the one I think shaped me the most. It was for breast cancer awareness week and I had to go to a school chapel with a partner to create awareness. It was strange and new because I'd never met the partner before and I'd never been to that chapel but I was excited to help create awareness and be part of something*

4. How did being in EOHealth influence your growth — academically, professionally, or personally.

*EOhealth's influence... EOhealth helped me grow in the sense that it opened my eyes. Being in a community where different people with different ideas and different strengths has made me learn that there is always something you can learn from someone. Your junior, your senior, someone from a different field, none of that matters.*

5. Now that you're a doctor, what skill from EOHealth do you use the most in real-life practice?

*I would say asking questions. I'm a bit shy but when you're part of a project or team whether in the workplace or in an organisation, you just don't have all the information, you don't know everything and you have to be able to ask questions so you can meet your goals and handle the situation appropriately.*

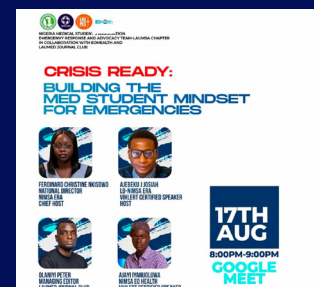
6. In your opinion, why should medical students today get involved in organizations like EOHealth?

*I think it's important for medical students to get involved with organisations like EOhealth because it's a practical experience. A lot of people say, when they've asked that they are studying medicine because they want to save lives. That's great but as a medical student you are going to class, reading your books occasionally assisting in some procedures. That's learn to save lives not saving lives but being part of an organisation like EOhealth where there are community projects, awareness campaigns, and other activities that students can actively participate in, makes students start saving lives now not later.*

7. What is one mindset or habit you developed as a student that still helps you survive as a doctor today?

*One thing I'd say helps me survive is the mindset of just showing up. Sometimes you don't want to attend that lecture, that class, that tutorial but you drink water and you march out and you show up, and because you showed up you learn something new, you assist in that surgery, you get something better out of it. That also translates in work as a doctor. Sometimes you don't just want to do anything, and it's important to take breaks and take care of yourself, but just showing up, being present despite what you had going on, could be your golden ticket. It's important to take breaks and take care of yourself, but just showing up, being present despite what you had going on, could be your golden ticket.*

# GALLERY



# GALLERY

Nigerian Medical Students Association  
Emergency Response & Advocacy Team  
NMSA E&A 2025

In collaboration with **EOHealth**

**PRESENTS**

**EMERGENCY RESPONSE 360:**  
Building Resilience, Readiness & Rapid Action on Campus

**Chief Host:** Christine Ferdinand, National E&A, NMSA E&A

**Guest Speaker:** Dr. Idemudia Idemudia, NMSA (E&A) Health, VLERT Certified

**Speakers:** Monica Peter, Corinna Young, NMSA, NMSA (E&A) Health, VLERT Certified; Praise Ojog, NMSA (E&A) Health, VLERT Certified

**Host:** Mary-Lucy Water, NMSA E&A 2025

**Date:** 11th August, 2025 **Time:** 7pm-8:30pm

Google Meet

**LIVE WEBINAR**

**THEME:**  
Crisis Response and Health Literacy:  
A Collaborative Approach

31ST JULY | 7:00PM | GOOGLE MEET

**Chief Host:** **Host:** **Speakers:**

**Ferdinand Christine**  
National E&A, NMSA E&A

**Elah Olayinka**  
NMSA E&A, NMSA E&A

**Onuoha Chinyere**  
NMSA E&A, NMSA E&A

**Oluwalagbani**  
NMSA E&A, NMSA E&A

NIGERIAN MEDICAL STUDENTS ASSOCIATION EMERGENCY RESPONSE AND ADVOCACY  
IN COLLABORATION WITH EOHealth

*presents a 1-day webinar on*

**CARE UNDER PRESS**  
Communication and Response in Critical

**TRONAND, CHRISTINE NKOSOWO**  
National Chairman, NMSA E&A, CHIEF HOST OF THE WEBINAR.

**BANKOLE FAATZAH**  
LO, PAFERUSA E&A, HOST

**ACEYARAR OGBOLUNA**  
MEMBER, PAFERUSA E&A, VLERT CERTIFIED PARTICIPANT, SPEAKER 1.

23rd July, 2025 | 9pm

**THE FUTURE OF PUBLIC HEALTH CONFERENCE**

In Collaboration With:  
DEPARTMENT OF PUBLIC HEALTH, PUBLIC HEALTH STUDENTS ASSOCIATION AND BARCOK UNIVERSITY ASSOCIATION OF MEDICAL STUDENTS

PROUDLY PRESENT:

**ODOGBOLU COMMUNITY HEALTH OUTREACH**

SUPPORTED BY:

**Preventing Stomach Cancer Through Diet and Lifestyle**

**Speakers:**

**Adedoye Daniel**  
Host

**Oluwalagbani**  
Host

**Dr. Aremu Myke**  
Host

**Nashrah Shahid**  
Host

30th Nov, 2025 | 06:00PM WAT | GOOGLE MEET



# CONCLUSION

EOHEALTH SAYS: THANK YOU & SEE YOU IN 2026!

As we wrap up this July–December 2025 edition, we want to take a moment to celebrate YOU, our followers, volunteers, members, and partners. Every like, comment, attendance, and participation has helped EOhealth touch lives, build communities, and empower students.

This newsletter was more than just numbers or events, it was a journey through impact, laughter, learning, and leadership.

What's Next?

More digital campaigns and interactive sessions.

Fresh volunteer spotlights and student-led projects.

Expanded outreach programs and community collaborations.

Even more ways for YOU to get involved, learn, and lead!

Remember: Your health, your impact, your voice, it matters.

Let's step into 2026 with energy, purpose, and a little bit of fun... because EOhealth is just getting started!

Stay connected, stay healthy, and keep shining!

The EOhealth Team



## JOIN THE EOHEALTH COMMUNITY

You don't miss out on exclusive updates, volunteer opportunities and impactful health content. Follow us and be part of the change.



**+2349167668453**



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# WHATSAPP CHANNEL

