

PROFILE

Dr. Kojo Cobba Essel, the CEO of Moms' Health Club, is a Wellness Entrepreneur. He is always unearthing innovative ways to make people healthier and fitter, so that they will be able to enjoy life to a greater degree.

Kojo is a medical doctor and an International Sports Sciences Association (ISSA) certified Fitness Therapist. He is currently pursuing ISSA certification in Fitness Nutrition. He also holds an MBA with multiple concentrations, including Business Strategy.

Kojo is keen on raising awareness in the control and prevention of non-communicable diseases, and he has been very proactive in these areas. He writes the *Health Essentials* column in the Weekly Spectator.

The Moms' Health Club team comprises:

- Three **physiotherapists** who also work at a teaching hospital in Accra
- Four **dieticians** who have excelled in their fields
- Eight **nurses** who are instrumental during screening and educational programmes, and who also assist in the corporate medical offices
- **Massage therapists** with years of experience
- Highly trained **fitness instructors** who have undergone a rigorous training programme with both in-house and external tutors. Their certification requires a continuous learning process, since it is renewed yearly.

We always welcome you with a smile, and go the extra mile to make your quest for good health memorable.