

SILVER RIBBON (SINGAPORE)

Mental Health Talk

RUN FOR MY LIFE

Managing Challenges & Thinking Positively

Guest Speaker

Md Shariff Abdullah

Singapore Blade Runner/Freelance Motivational Speaker



Md Shariff Abdullah @Peters Christopher was born on 10 November 1968 without a left foot below knee, at age of six years he was fitted with an artificial leg, but was still participated actively in sports.

But fate took a cruel twist in August 2008 when he started to experience a sharp pain in his stump due to a skin infection. Doctors advised him to amputate his leg a further five inches, but Shariff still did not let this get him down.

Within three months – inspired by South African Paralympic runner Oscar Pistorius – he started to run with his prosthetic leg.

Today, he competes with a Flex-Run carbon fibre device that helps him run more comfortably and with more stability. The “Bladerunner”, as he is dubbed, aspires to be an extreme marathoner, and has a desire to climb Mount Everest before 2015.

16 April 2011 (Saturday)

2pm – 4pm

Bishan Public Library, Programme Zone Level 2

Free Admission (Registration is required)

To register, please submit your name, email address, and home/mobile number to info@silverribbonsingapore.com or contact us at 6386 1928.

Main Organiser



Silver Ribbon (Singapore)

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