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MMA to organise charity run in bid to encourage healthy lifestyle

Posted on 24 December 2017 - 01:44pm
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From Left:) MMA President Dr Ravindran R Naidu, UCSI University president and vice-chancellor Prof Datuk Dr Khalid Yusoff and Schomos Honorary Secretary Dr Vijay Ganasan during the press conference on the event, at the MMA headquarters in Kuala Lumpur recently.

PUTRAJAYA: The Malaysian Medical Association (MMA) will be organising the inaugural MMA Schomos Charity Health Run 2018, on Jan 13, 2018, in an effort to promote a healthy lifestyle among Malaysians.

The run, co-organised with the Health Ministry (MOH), will be held at Padang Semarak, Taman Wetlands, here, from 6am to 11pm.

MMA president Dr. Ravindran R Naidu said 1,500 people from various states are expected to participate in the run, with added impetus on medical practitioners around the nation.

"We are aiming to promote and maintain a healthy lifestyle in all walks of life, amidst a busy working schedule.

"Imagine running with doctors themselves. I believe that this will definitely be a positive thing, and make the run more interesting.

"By getting the public to participate in this run, we also hope to nurture and promote cultural diversity among Malaysians from different racial backgrounds, because we understand that racial harmony is the key as the country moves forward," he said in a statement recently.

Dr Ravindran said the Charity Health Run is divided into two categories which comprise of the 5km fun run (RM50) and the 10km (RM65) run.

"Participants of each category will be given race packs, and everyone will be issued the finisher medals upon completion of the run," he said, adding that the day will also be filled with other fun-

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filled activities and health booths.

Given that it is a Charity Health Run, he also assured that proceeds from the event will be donated to selected welfare organisations with the hope of betterment for those who are in need.

Those who are interested to participate may register at these websites: <https://event.howei.com>, <http://www.racexasia.com> or <http://www.checkpointspot.asia/> before Dec 30.

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| 3. Astro Malaysia Holdi... | | | | | -8% |
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| Sun., 24.12. | | |
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