“Empowerment Through Self-Love”

Thursday, February 13th 2020
6:00 PM – 7:30 PM

About the Speaker
Sabine was born without arms, due to the drug Thalidomide, which was freely prescribed in Germany in the early 60s to help pregnant women with the effects of morning sickness. She has adjusted well to life without arms by using her feet for all daily tasks.

But destiny had another surprise in store for her. In 2012, she suffered a massive stroke while driving her car. Sabine spent the next 12 months in physical and occupational therapy, as well as in speech therapy. She had to learn all over again how to walk, how to talk and how to use her left foot for all daily tasks.

As a survivor, Sabine believes that by being "Armed with Perseverance", anybody can transform obstacles into possibilities and empowering reality, regardless of their abilities.

Presented by
Sabine Becker,
Thalidomide Survivor
www.handsfreeliving.org