

Charity Massage

By Singapore Association of the Visually Handicapped (SAVH) – Mobile Massage Team (MMT)

9 Oct, 1pm - 5pm, @ Tech
Marketplace, L8 Innovis, FP2



Enjoy a 15-min head and shoulder massage by the qualified, visually handicapped masseurs from Singapore Association of the Visually Handicapped (SAVH) from the Mobile Massage Team, to relieve stress, support your wellbeing and feel rejuvenated.

Essentials

- Wear comfortable clothes.
- Bring a shoulder towel for hygiene if you prefer.
- Please inform the masseurs if you have preexisting health conditions, major surgeries or injuries that would impact on the service and your health.

[Book a Session](#)



The Mobile Massage Team (MMT) was established by SAVH in 1997 to support qualified, visually impaired masseurs. They provide professional massage services both in-house and on-site, catering to companies, schools, and events. MMT aims to promote inclusivity by empowering visually impaired individuals with skills that enable them to earn a sustainable income and live independently with dignity.



As part of the social aspect of Sustainability Month, we dedicate a week of activities that bolster wellbeing, to remind us to care for ourselves so we can go the distance and be there for A*STAR and family. The A*STAR Mental Health & Wellness Week is co-organised by SpIA OSH and Infuse in celebration of World Mental Health Day held on 10 October.

