

Our Awards

Synergy Saturday is the 2019 Minority Support Organization of the Year. Larry Freeman, CEO and Founder of Synergy Saturday, is the winner of the 2020 Healthcare Heroes Community Outreach of the Year and 2020 Nonprofit Executive of the Year awards. Synergy Saturday was a finalist for the Small Business Impact Awards for the 2020 Community Impact of the Year Award and 2021 Health and Wellness of the Year Award!



Connect With Us

www.SynergySaturday.com

Facebook: SynergySaturday

Instagram: SynergySaturday

Twitter: @SynergySaturday

YouTube: Synergy Saturday Studio

#SynergySaturday
#ExperientialLearning
#FreeHealthScreening
#PatientNavigation



Every Saturday • 8 AM - 2 PM

400 President Clinton Ave.
Little Rock, AR 72201

877-MHS-UNIT (877-647-8648)

CustomerService@
SynergySaturday.com



SYNERGY SATURDAY

Our Award-Winning
Non-Profit Organization
and Services



A Collaborative Care
Advocacy Affair.

Telephone: 877-MHS-UNIT
(877-647-8648)



About Us

Synergy Saturday is a weekly pop-up wellness event with experiential learning, free health screening, and patient navigation services to reverse poor health and poverty. We connect healthcare professionals to the communities they serve.

Synergy Saturday, an award-winning 501(c)(3) exempt organization, is the world's first weekly interprofessional pop-up screening event. Our events help participants connect the dots with their screening numbers to draw a complete picture of better health. Our name represents our collaborative efforts in population health each Saturday. Synergy Saturday is your advocate and innovative solution for functional, narrative, and no-cost preventative healthcare.

Our Services



Experiential Learning

We provide hands-on experiences in population health.



Free Health Screening

We screen to improve health outcomes.

- Blood Pressure
- Blood Glucose (Blood Sugar)
- Body Mass Index (BMI)
- Heart Rate (Pulse)
- Oxygen
- Temperature

We offer diet and exercise consultation in addition to our screenings at no cost.



Patient Navigation

We assist patients to successfully navigate the healthcare system.

Our Mission

To shift one's paradigm about preventive care to create a culture of healthy attitudes and behaviors in participating communities.

