



Pictured: NorthPoint Staff Celebrating National Health Center Week 2024



National Health Center Week!

Every August, the National Association of Community Health Centers (NACHC) sponsors [National Health Center Week](#) to celebrate and increase awareness of America's 1,500 Community Health Centers.

NorthPoint continues our 56-year legacy of partnering to create a healthier community.

NorthPoint will share information with the community about our programs and services throughout the week on our Main Campus:

- August 4 – 7

- 9:00am to 12:00pm and 1:00pm to 3:00pm
 - 2220 Plymouth Avenue N.
-



Get Ready for School!

It's back to school season! NorthPoint has appointments for:

- Annual physicals
- Sports exams
- Vaccines

Call to schedule your appointment 612-543-2500.



Bistro Cafe Request For Proposal!

NorthPoint Health & Wellness Center is inviting proposals for our Bistro Cafe. This is a great opportunity for local vendors to collaborate with a community-focused organization.

Key dates to remember:

- On-site tours of the facility and Bistro will be held on August 13 and August 14.
- Submit any questions by August 18.
- Final proposals are due by August 27.

For more information visit [Bistro Cafe RFP](#). We look forward to working with community partners to enhance our services!

A promotional poster for a community event. The top half features a group of diverse people walking on a path in a park-like setting. A green speech bubble in the top right corner says "Walk or Ride! A Dr. will be in the van". Below the photo, a white van is shown in a circular inset. The background is a gradient of blue and green. The text is in white and yellow. The event title "Walk & Talk With a Doc" is prominently displayed. Below it, the schedule is listed: "Every 3rd Friday of the Month 2:00pm - 3:30pm", "1:30pm Meet @ NorthPoint", "2:00pm Refreshments & Conversation @ Trailhead", and "2:45pm Head Back to NorthPoint". A QR code is labeled "Quick Sign-Up Here". The NorthPoint Health & Wellness Center logo and address are at the bottom left. The Loppet logo is at the bottom right. A "Contact Us" button and email address are also present.

Walk or Ride!
A Dr. will be in the van

Walk & Talk With a Doc

Every 3rd Friday of the Month
2:00pm - 3:30pm

2-Miles Roundtrip

1:30pm Meet @ NorthPoint
2:00pm Refreshments & Conversation @ Trailhead
2:45pm Head Back to NorthPoint

Quick Sign-Up Here

 **NORTHPOINT**
Health & Wellness Center

NorthPoint: 2220 Plymouth Ave N, Mpls, MN 55411

Contact Us >> **Questions: community@loppet.org**
Learn More At: Loppet.org



Walk & Talk With A Doc!

Join NorthPoint and the Loppet Foundation for Walk & Talk with a Doc. Ask real doctors real questions about the health and wellness of you and your family.

We walk from NorthPoint to the Trailhead and back, about 2 miles total.

Enjoy refreshments and conversation. 3rd Thursday of each month at 1 p.m.

To register, visit [Walk & Talk With A Doc](#)





Scan this QR code for NorthPoint food shelf information
 

Have reusable bags? Bring them!

FREE FRESH FOOD FRIDAYS

Free Produce • Community Resources

DATES:				
MAY 9 & 23	JUNE 13 & 27	JULY 11 & 25	AUGUST 8 & 22	SEPTEMBER 12 & 26

9:30 am

Until supplies run out – rain or shine

LOCATION: Penn & 14th



Free Fresh Food Fridays!

NorthPoint is excited to bring back Free Fresh Food Fridays for 2025! Tons of fresh fruits, vegetables, and community resources will be set up on each date, all summer long - rain or shine! Everyone in the community is welcome at this event.

FFFF are held on the 2nd and 4th Fridays of the month.

Remaining dates August through September 2025:

- **August 8 & 22**
- **September 12 & 26**

Time: 9:30am until supplies run out

Location: NorthPoint main campus, north parking lot, corner of Penn Ave N & 14th Ave N

Have reusable bags? Bring them!

For more information, visit [Food Shelf](#)

Free Fresh Food Fridays is brought to you in partnership with the [Urban League Twin Cities](#) and the [U of MN Urban Research and Outreach Engagement Center \(UROC\)](#).



Healthy Hearts Social Group!

Having serious heart problems can be scary. NorthPoint offers support and resources for African American, Black, and Indigenous women who've had heart attacks, strokes or been diagnosed with heart disease.

This group will have conversations about:

- Honoring our hearth health
- Caring for our blood pressure
- Nourishing our bodies
- Moving with joy
- Easing stress and embracing rest
- Prioritizing our health and advocacy

There's still time! Join us on Thursdays, 5:30 - 7:30pm

Starting 8/7/25 through 9/4/25

- Childcare available
- Dinner Provided

[Registration](#) is required. Visit [Healthy Hearts Social Group](#) or contact (612) 767-9154 for more information.



Northside Teen Clinic!

The Northside Teen Clinic will be open for appointments and walk-ins during the summer break Monday - Thursday, 3 - 6pm!

To schedule an appointment ahead of time, please call or leave a message at 612-643-2001 or call 612-543-2500 to schedule an appointment.



NorthPoint Can Help You Pay For Your Visit

NorthPoint serves families and individuals in all financial situations. We are here to help!

We will see you even if you can't pay.

We will see you even if you have outstanding bills.

We can help you with insurance, discount options and payment plans.

For more information or questions, please visit [Billing and insurance](#) or call us at 612-543-2500.

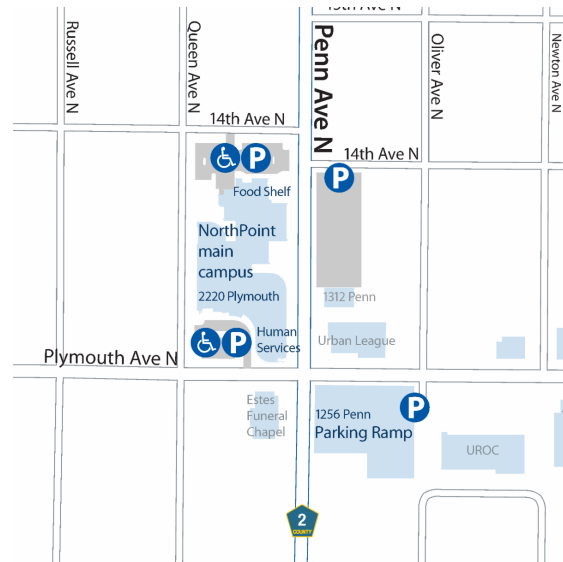
Parking at NorthPoint

Our free parking ramp at 1256 Penn Ave N is available to all guests of the NorthPoint main campus and the NorthPoint Conference Center.

The ramp entrance is located at Plymouth Ave and Oliver Ave N.

We have additional areas with free parking, including disability parking.

For more information, visit [NorthPoint | Locations](#).



Looking for an impactful volunteer opportunity?

Amplify your social impact! Become a NorthPoint Super Supporter by volunteering in our Food Shelf or assisting with events. We're looking for folks like YOU to partner with us to create a healthier community.

Contact Jamiela Taylor at jtaylor@npimn.org or visit our [Volunteer sign-up form!](#)



COVID-19 Basics



NORTHPOINT
Health & Wellness Center

To Protect Yourself and
Others from Covid-19
If you feel sick...



**CHECK
YOUR
SYMPTOMS**



**START
WEARING
A MASK**



**GET
TESTED**



**STAY HOME
IF YOU TEST
POSITIVE**

GET VACCINATED

For more information, visit northpointhealth.org/coronavirus-updates

Please Note:

To minimize infection risk, all visits to Medical, Dental, and Behavioral Health are by appointment only. Call **612-543-2500** to get scheduled.

Masks are still required if you feel sick or if you have been around someone with COVID-19.

Visit our [COVID-19 information page](#) to learn more about the COVID-19 vaccine.

COVID-19 Vaccine

It's easy to get a COVID-19 vaccine at NorthPoint. Appointments are required. Call for an appointment at **612-543-25**.

COVID-19 Testing

NorthPoint continues to administer COVID-19 tests. Appointments are required. Call for an appointment at **612-543-2500**.



Watch *Making Health Happen*

Have you checked out *Making Health Happen* yet? In each episode, we interview guests about health and wellness topics important to North Minneapolis. You can now watch every episode by checking out our [Making Health Happen Playlist](#) on YouTube.

Join the NorthPoint Team

- [Employment at Hennepin County](#)
- [Employment at NorthPoint Inc.](#)



Photo Credit: Bill Cooper



Quick Access:

- [Visit our website](#)
- [MyChart/Pharmacy Refills](#)
- [Online Bill Pay](#)



NorthPoint Health & Wellness Center | 2220 Plymouth Ave N | Minneapolis, MN 55411 US

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