



NORTHPOINT
Health & Wellness Center

COMMUNITY NEWSLETTER

SEPTEMBER 2025



Pictured: Participants in the Kids Run at Fit4Fun 2024

NorthPoint's Fit4Fun Returns to Open Streets West Broadway September 6!

Join us at [Open Streets West Broadway](#) for an afternoon of family fun!
Community resources, cultural & line dancing, yoga, Zumba and much more!

Date: Saturday, September 6, 2025

Time: 11:00 a.m. - 4:00 p.m.

Location: 800 West Broadway (corner of Broadway and Aldrich)

And don't miss our annual Kids Run at 1:30 p.m.!



Talking About Suicide

Suicide is a complex public health problem, that can have lasting harmful effects on our family, friends, neighbors, and communities.

At NorthPoint our [Behavioral Health](#) providers offer a wide range of services for all ages.

We can help you with:

- Individual, couple, and family therapy
- Support groups
- Teen therapy
- Chemical health support
- Psychiatric care

To learn more, call 612-543-2500.



Health Screenings!

Getting regular health screenings can help prevent serious diseases or catch them early for better treatment options.

To learn more, contact your provider at 612-543-2500.



Helping Patients Recover!

NorthPoint provides support with opioid use, alcohol use, and chemical dependency.

We can help with:

- Medication Assisted Treatment (MAT)
- Opiates - buprenorphine, suboxone, naltrexone
- Alcohol - naltrexone, acamprosate
- Harm reduction
- Individualized care coordination services
- Behavioral health therapy
- Syringe exchange services
- Referrals to Rule 25 assessment and treatment
- Other services

Please call 612-543-2500 or visit [Helping Our Neighbors](#) for more information.



**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!

There's still time to 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 Friday of each month at 2 p.m. - 3 p.m.

Remaining dates:

- September 19
- October 17

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 for September 2025:

- **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 \(UROC\)](#).



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.

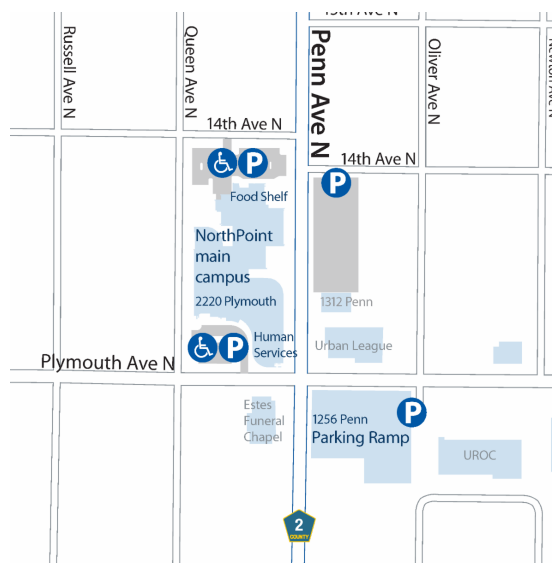
Parking at NorthPoint

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!](#)



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. Check out our latest episode on [Aging Gracefully](#) featuring Dr. Mark Garnett, sharing insights and resources around joint health. You can also 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](#)
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- [Online Bill Pay](#)



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

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