



*Pictured: Volunteers Free Fresh Food Fridays 2025*



## Thanks for Another Successful Free Fresh Food Fridays Season!

As another successful season of Free Fresh Food Fridays comes to a close, NorthPoint Health & Wellness Center extends our heartfelt thanks to all the volunteers, partner organizations, and community members who made this year's program possible.

Every Friday morning, our parking lot came alive with the spirit of service and connection — volunteers greeting neighbors, families picking up produce, and organizations working side-by-side to fight food insecurity and support wellness in our community.

Thanks to your dedication, we were able to serve 3,274 households, reaching a

total of 14,531 individuals and distributing more than 141,833 pounds of fresh, healthy food throughout the 2025 season.

Your commitment reflects the very best of North Minneapolis: compassion, collaboration, and community strength. From all of us at NorthPoint Health & Wellness Center — thank you for helping make Free Fresh Food Fridays a season of nourishment, hope, and care.

---



## Community Health Quality Recognition!

NP increases positive health outcomes in our community.

We received a national award to honor the ways we have improved health.

We're here to partner with you. Choose NorthPoint for your whole-person care. Call 612-543-2500.

---



## Breast Health!

Got breasts? Age 40 or over? Get a yearly mammogram! It's the best way to catch breast cancer early, before your body shows any signs of the disease. Yearly mammograms can catch breast cancer when it is still small. Cancer caught early needs less treatment and is the most curable!

---



## Lung Health!

NorthPoint offers support to help you quit or cut back on nicotine, whether you smoke, vape, or chew.





## Healthy Smiles!

Dental hygiene plays a huge role in your physical, mental, social, and economic well-being.

NorthPoint's Dental providers offer treatments for all ages.

To schedule an appointment please call 612.543-5200.

---



# NorthPoint Can Help You Pay For Your Visit

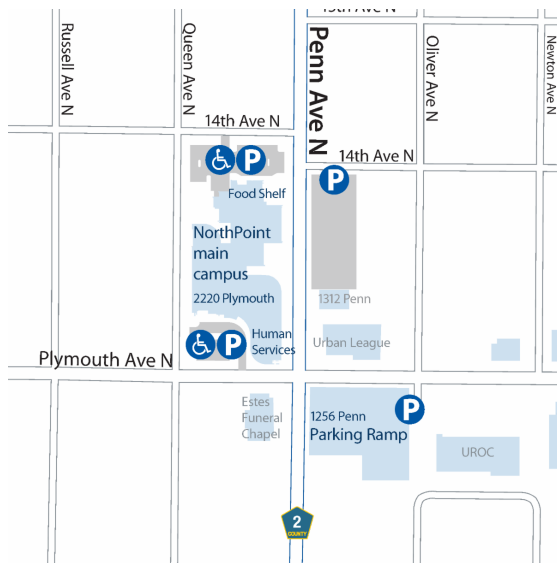
NorthPoint serves families and individuals in all financial situations. We are here to help!

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](mailto: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](#)
- [MyChart/Pharmacy Refills](#)
- [Online Bill Pay](#)



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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)