



NORTH POINT
Health & Wellness Center

COMMUNITY NEWSLETTER

MARCH 2025



Pictured: Women's Heart Health Panelists, Feb 19, 2025

**Get support
for your
heart health**

QUESTIONS/REGISTRATION: 612.767.9154 | pmoore@npimn.org

NorthPoint Health & Wellness Center | 2220 Plymouth Ave N, Minneapolis, MN 55411 | www.northpointhealth.org

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.

Join us for our Health Hearts Social Group.

Tuesdays, 5:30-7:30pm

Starting 4/1/25 through 4/29/25

- Childcare available
- Dinner Provided

Sign up at [Healthy Hearts Registration](#)



Support Our March Food Drive!

Join [NorthPoint](#) as we increase food security in our community by participating in the **2025 March Food & Fund Drive**:

- [Donate](#) today. Financial gifts are the most effective way to support the [Food Shelf](#). Gifts of all sizes make a difference!
 - Host a food drive at your workplace or school, faith community, or with your family and friends.
 - Consider collecting one item – such as peanut butter or tuna.
 - Request a donation bin from NorthPoint. [Contact us](#) today to coordinate pick-up and delivery.
 - Check out our [toolkit](#) for more helpful tips.
 - Volunteer as an individual or as a group in the Food Shelf! Learn more by visiting our [Volunteer page](#).
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African American Men Project (AAMP)

NorthPoint's African American Men Project (AAMP) is a resource for men looking for support to succeed.

We can help African American men 18 and up living in Hennepin County with coaching, goal setting, education, training support, access to health care services, housing support, and more.

Join us at NorthPoint (2220 Plymouth Ave N, Minneapolis MN 55411) to learn more. We will have gatherings every Tuesday from 5 to 7 pm starting March 4.

Call 612-767-9500 or 612-767-0932 for more info.



Colorectal Cancer Screenings

Colorectal cancer is preventable.

Screening helps us find warning signs and take action to stop the disease.

Find colorectal cancer early, when treatment is most effective.

Call 612-543-2500.



Autoimmune Disease Care

Autoimmune diseases can cause inflammation, changes in skin color, swelling, and pain.

You know your body better than anyone. Talk to your provider if you notice any new symptoms you can't explain, or if you don't feel like yourself.

Call 612-543-2500.



National Nutrition Awareness!

NorthPoint can help you make healthy food choices.

Meet with a registered dietician and learn how to eat right for diabetes, heart disease, pregnancy or high blood pressure.

Call 612-543-2500.

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!](#)



Did You Receive a Good Faith Estimate for your Upcoming Visit?

If you received a Good Faith Estimate (GFE) recently, it may not reflect your newest benefits. Your insurance or Medicaid coverage may have changed or expired.

A GFE **is not a bill**. You may or may not be charged the full amount listed on the GFE. It lists the items or services that can be reasonably expected for your health care needs, and it shows you how much the items and services will cost. This is

based on what we know at the time we make the estimate.

If you have new benefits information or questions, please call us at **612-543-2500** to update us over the phone. You may also update your benefits information on [MyChart](#) or bring your newest information to your next visit.

COVID-19 Basics

The infographic features a red header with the NorthPoint Health & Wellness Center logo and the text "To Protect Yourself and Others from Covid-19 If you feel sick...". Below this is a central area with a yellow background and a pattern of virus particles, containing four circular icons: a person with a lightning bolt and a thermometer labeled "CHECK YOUR SYMPTOMS", a person wearing a mask labeled "START WEARING A MASK", a test tube and virus particles labeled "GET TESTED", and a person inside a house labeled "STAY HOME IF YOU TEST POSITIVE". A red footer contains the text "GET VACCINATED" and "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:

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

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