



NORTHPOINT
Health & Wellness Center

COMMUNITY NEWSLETTER

MAY 2025



Pictured: Free Fresh Food Fridays Volunteers

Free Fresh Food Fridays Return for 2025!

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.

Dates: 2nd and 4th Fridays of the month, May through September 2025

- **May 9 & 23**
- **June 13 & 27**
- **July 11 & 25**
- **August 8 & 22**
- **September 12 & 16**

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 \(UROC\)](#).



Asian American, Native Hawaiian, and Pacific Islander Heritage!

NorthPoint Health & Wellness Center encourages everyone to take time to reflect and celebrate the important role that Asian Americans, Native Hawaiians, and Pacific Islanders have played in our shared history.

Connect with the [Hennepin County Library](#) to learn more about these cultures through art, literature, music, and film.



Mental Health

Your story matters! NorthPoint Behavioral Health providers are here to listen.

Call 612-543-2500 or visit us at [Behavioral Health](#).

High Blood Pressure

NorthPoint Health & Wellness Center can help you keep your heart health in check with primary medical providers, staff dietitians and health coaches.

Connect with a NorthPoint provider at 612-543-2500.





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 Sign Up](#)

GET TESTED • GET TREATED • TALK ABOUT IT

MINNESOTA STATEWIDE SEXUALLY TRANSMITTED INFECTIONS TESTING WEEK!

Low Cost to No Cost, Private & Confidential
Sexually Transmitted Infections Testing for
young people ages 13-25

MAY 5-9, 2025

For more information
about this event,
please scan this QR
code!



CRUSH STI Testing Week!

Know your STI status – get tested at Northside Teen Clinic April 28 through May 9.

It is a painless urine test. Call to schedule an appointment: 612-643-2001.

To see a full list of participating clinics, visit [Test Centers](#).



Black Health Survey

We want your input! NorthPoint wants to hear from African American/US-born Black men about your health and wellness needs so we can better serve you. The survey should only take 15 minutes to complete. Gift cards available.

Take the [survey](#) today! Use password **northpoint** when prompted (case sensitive).



Caregiver Group!

Join the Caregiver Group for African American women & kids ages 6-12.

You'll learn about: Impacts of trauma; Child development; Strength; Unity; Sangoma (southern African) healing traditions.

Thursdays, May 8-Jun 26, 5pm-7pm. We can cover childcare, food, and rides.

For more information, call 612-767-9500 or visit [Caregiver Group](#).



May Holiday Observances

NorthPoint will be closed on Monday, May 26, 2025, for Memorial Day.



NorthPoint Pride Health & Wellness Resource Fair!

Join NorthPoint as we host a Pride Health & Wellness Resource Fair on Saturday, June 7, 2025, from 10:00am to 4:00pm.

There will be food, music, health insurance registration, STI/STD screening, vaccines and tons of resources! We will also feature some dynamic speakers including Council Member Andrea Jenkins at 1:30pm.

The Health & Wellness Resource Fair will be held rain or shine at our main

campus: 2220 Plymouth Avenue North, Minneapolis, MN 55411. We hope to see you there!



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!

Thursdays, 5:30-7:30pm, July through August:

- July 10
- July 17
- July 24
- July 31
- August 7

Childcare available

Dinner Provided

Sign up at [Healthy Hearts Registration](#)



Who is eligible for MinnesotaCare?

People who:

- Live in Minnesota
- Meet income limits
- Lack other insurance options

Immigration status does not matter

m
DEPARTMENT OF
HUMAN SERVICES

Learn more at
the table next to
Guest Services

 NORTH-POINT
Health & Wellness Center



Minnesota Care Expansion

You may now be eligible for MinnesotaCare. Your immigration status does not affect this. You may qualify even if you are undocumented

For more information, please call 651-539-2099 or visit [MNsurre - Minnesota's health insurance marketplace / MNsure](#).

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



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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