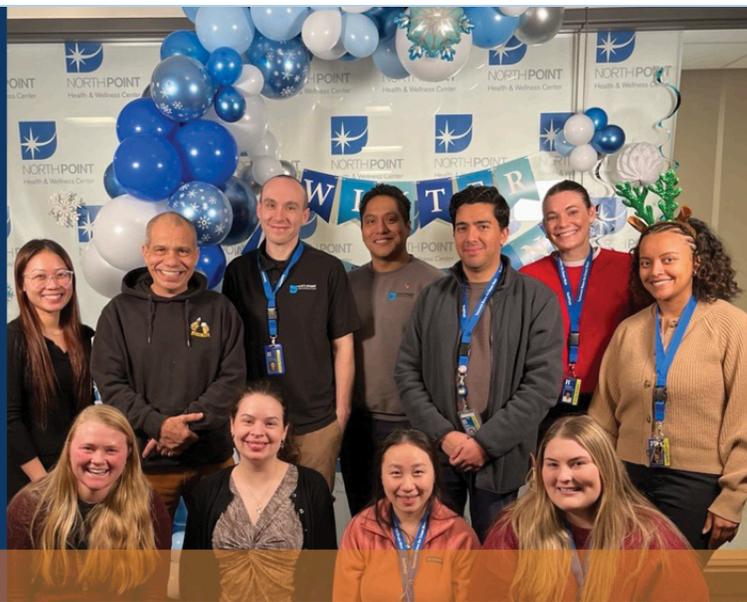




NORTHPOINT
Health & Wellness Center

COMMUNITY NEWSLETTER

MARCH 2026



Pictured: Food Shelf Staff



March Food & Fund Drive

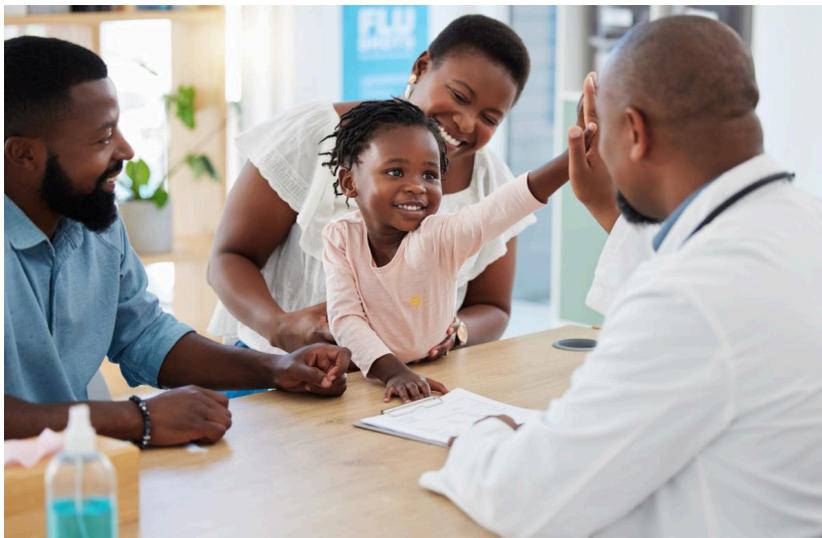
Join NorthPoint as we increase food security in our community by participating in the 2026 March Food & Fund Drive:

- [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 [Food Drive Toolkit](#) for more helpful tips.

Volunteer as an individual or as a group in the Food Shelf! Learn more by visiting our [Volunteer page](#).



Care for your body. Support for your mind.

Medical & Behavioral Health:

- New & existing patients welcome
- In-person, phone & video options

Coverage available! We help individuals and families in all financial situations. We can help you with insurance, discount options and payment plans.

Call 612-543-2500.



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.

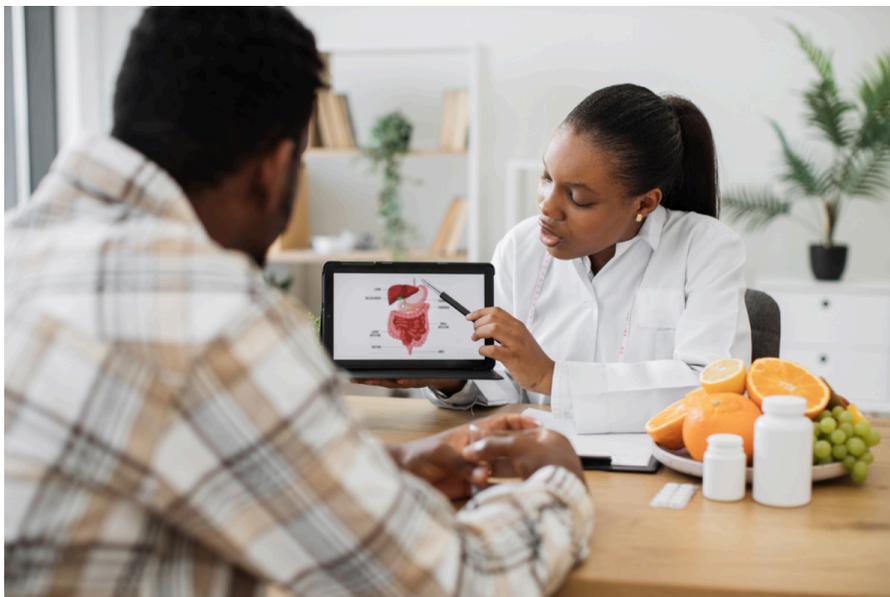
Thursdays, 5:30-7:30pm

Starting 3/5/26 through 11/12/26

Childcare available

Dinner Provided

Sign up at [Healthy Hearts Registration](#)



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.



Never Miss An Update!

We use a new texting system.

Learn how to get texts about your care from our new number.



NorthPoint Can Help You Pay For Your Visit

NorthPoint helps families and individuals in all financial situations.

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

If you are part of the NorthPoint Discount Program, some of our fees are updated for 2026.

Learn more at [Billing and insurance](#) or call us at 612.543.2500.



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.



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.

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 episode on [Aging Gracefully](#) featuring NorthPoint Chiropractor, Dr. Mark Garnett, sharing tips about 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:

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



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

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