



HEALTHY HEARTS SOCIAL GROUP

WHO WE ARE

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 the Healthy Hearts Social Group to:

- Learn about heart health from local experts..
- Connect with others who share similar health journeys.

HOW CAN WE HELP?

This group will have conversations about:

- Honoring our hearth health
- Caring for our blood pressure
- Nourishing our bodies
- Moving with joy
- Easing stress and embracing rest
- Prioritizing our health and advocacy

JOIN US

Dates/times:

- Thursdays, 5:30pm—7:00pm
- Starting 2/05/26 and ending 3/12/26

Dinner provided



QUESTIONS/REGISTRATION: 612.767.9500

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