



NORTHPOINT
Health & Wellness Center

COMMUNITY NEWSLETTER

AUGUST 2026



Pictured: (left to right) NorthPoint Community Board Chair Leticia Selmon, Minnesota State Representative, Esther Agbaje, Hennepin County Commissioner, Chair Dr. Irene Fernando and NorthPoint Chief Executive Officer Kimberly Spates.

Meeting the Moment Together: Community Conversation

On July 29, NorthPoint Health & Wellness Center welcomed community members, healthcare leaders, and elected officials for Meeting the Moment Together: A NorthPoint Community Conversation.

Together, participants explored the changing healthcare landscape, discussed how recent policy changes may impact our community, and shared resources to help individuals and families navigate the road ahead.

The conversation reaffirmed NorthPoint's commitment to providing compassionate, high-quality care and ensuring no one has to navigate these changes alone.

A full [Discussion Summary](#) highlighting the conversation is available on our website.



**Your health.
Our priority.**



NORTHPOINT
Health & Wellness Center

Make an appointment

Your care. Our priority.

At NorthPoint, you're cared for by a team that listens to you and supports your medical, dental, and behavioral health needs - all in one place.

- New and returning patients welcome
- In-person, over-the-phone, and online visits to fit your schedule
- Help with insurance, discount options, and payment plans available

Call 612-543-2500 or visit [Get Started](#)



Celebrate National Health Center Week!

Every August, the National Association of Community Health Centers (NACHC) sponsors National Health Center Week to celebrate and increase awareness of America's 1,500 Community Health Centers.

NorthPoint continues our 57-year legacy of partnering to create a healthier community.

Throughout the week, we're inviting guests to join the celebration by sharing what NorthPoint means to them, learning more about the programs and services available to support individuals and families, and connecting with our team.

Be sure to stop by our information tables on **Wednesday, August 5, and Thursday, August 6, from 1:00–5:00 p.m.** at our Main Campus, 2220 Plymouth Ave. N., to learn about the many services and resources NorthPoint offers.

On Thursday, August 6, representatives from **Hennepin County Voter Outreach** will also be available to help eligible community members register to vote.

We look forward to celebrating with you and continuing our mission of building healthier communities together!



Get Ready for School!

It's back to school season! NorthPoint has appointments for:

- Annual physicals
- Sports exams
- Vaccines

Call to schedule your appointment 612-543-2500.

Immunization Health

Vaccines are one of the easiest and most effective ways to protect your health and the health of those around you.

If you have questions about which immunizations are recommended for you or your family, contact your NorthPoint healthcare provider.

Call 612-543-2500.



**FREE
FRESH FOOD
FRIDAYS**

Have reusable bags?
Bring them!



Free Produce • Community Resources



9:30 am
until supplies run out rain or shine

LOCATION: Penn & 14th

MAY	JUNE	DATES: JULY	AUGUST	SEPTEMBER
8 & 22	12 & 26	10 & 24	14 & 28	11 & 25

612-767-9500 • www.northpointhealth.org

Free Fresh Food Fridays!

We are excited to bring back Free Fresh Food Fridays for 2026!

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, June through September:

- July 10 & 24
- August 14 & 28
- September 11 & 25

Location: NorthPoint main campus, north parking lot, corner of Penn Ave N & 14th Ave N



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 2/05/26 through 11/12/26

- Childcare Available
- Dinner Provided

Sign up at [Healthy Hearts Registration](#)

Walk and 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.

Walk or Ride!
A Dr. will be
in the van

April - October 2026

Walk & Talk With a Doc

Every 3rd Friday of the Month
1:30pm - 3:30pm

If it's raining, this event will be cancelled

1:30pm Meet @ NorthPoint
2:00pm Refreshments & Conversation @ Trailhead
2:45pm Head Back to NorthPoint

2-Miles Roundtrip

***For June we will be
meeting on the 26th***

Quick
Sign-Up
Here

NORTHPOINT
Health & Wellness Center
NorthPoint: 2220 Plymouth Ave N, Mpls, MN 55411

Contact Us >>

Questions: adventures@loppet.org
Learn More At: Loppet.org

loppet

We walk from NorthPoint to the Trailhead and back, about 2 miles total.

Enjoy refreshments and conversation. 3rd Friday of each month at 1:30 p.m.



September Holiday Observances

NorthPoint will be closed on Monday, September 7, for Labor Day.



Never Miss An Update!

We use a new texting system.

Learn how to [get texts about your care](#) from our new number.



Download MyChart!

MyChart is an app that allows you to communicate with NorthPoint and manage your care from your computer, tablet or phone.

This tool helps you save time and keep your family healthy.

Go to northpointhealth.org/mychart to sign up and download the app.



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.

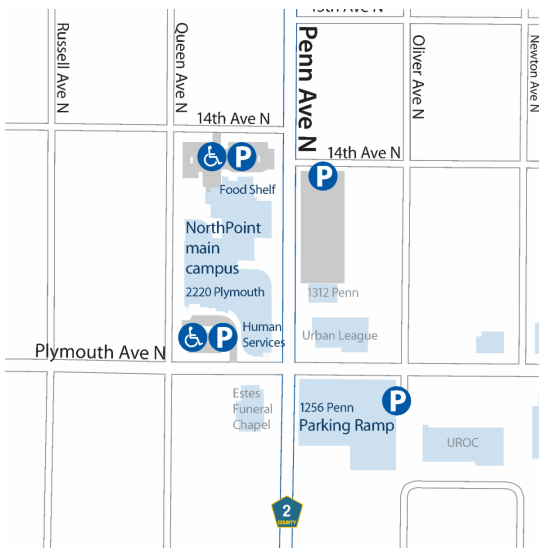


Did You Receive a Good Faith Estimate for your Upcoming Visit?

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 [Kids & Vaccines](#) featuring NorthPoint Pediatrician, Dr. Laura Solyntjes talking about pediatrics and childhood vaccines.

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](#)