



NORTHPOINT
Health & Wellness Center

COMMUNITY NEWSLETTER

SEPTEMBER 2026



Pictured: Participants in the Kids Run at Fit4Fun 2025

NorthPoint's Fit4Fun Returns to Open Streets West Broadway September 12!

Join us at [Open Streets West Broadway](#) for an afternoon of family fun!

Community resources, cultural & line dancing, yoga, Zumba and much more!

Date: Saturday, September 12, 2026

Time: 11:00 a.m. - 4:00 p.m.

Location: 800 West Broadway (corner of Broadway and Aldrich)

And don't miss our annual Kids Run at 12:45 p.m.!



Your health. 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](#)



Community Health Quality Recognition!

NorthPoint uses health information technology to provide high-quality, connected care.

We received national recognition for using technology to support better health and keep guests engage in their care.

We're here to partner with you. Choose NorthPoint for your whole-person care.

Call 612-543-2500.



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.



Prostate Cancer

NorthPoint provides care for men from all backgrounds.

Regular checkups and talking with your provider about prostate cancer screening and what's right for you.

Call 612-543-2500 or visit [Men's Health](#)

Helping Patients Recover

Recovery from substance use is a journey, and support can make a difference. You don't have to navigate it alone.



At NorthPoint, our providers offer compassionate, confidential support to help you take the next step.



Talking About Suicide

Suicide is a complex public health problem, that can have lasting harmful effects on our family, friends, neighbors, and communities.

At NorthPoint our [Behavioral Health](#) providers offer a wide range of services for all ages.

We can help you with:

- Individual, couple, and family therapy
- Support groups
- Teen therapy
- Chemical health support
- Psychiatric care

To learn more, call 612-543-2500.

FREE FRESH FOOD FRIDAYS

Free Produce • Community Resources



9:30 am

until supplies run out rain or shine

Have reusable bags?
Bring them!



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, remaining dates:

- September 11 & 25

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

[Volunteer questions and application](#)

[Community tabling questions and reservations](#)



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 [Healthy Hearts Social Group](#).

Thursdays, 5:30-7:30pm

Starting 2/05/26 through 11/12/26

- Childcare Available
- Dinner Provided

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.



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.



Child Wellness Center

NorthPoint's [Child Wellness Center](#) provides space for your children ages 6 weeks to 12 years to play, read, and rest while you're receiving most services at NorthPoint.

Hours:

- Monday/Wednesday: 9:30 a.m. – 5 p.m.
- Tuesday/Thursday: 9:30 a.m. – 7:30 p.m.
- Friday: closed



September Holiday Observance

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.

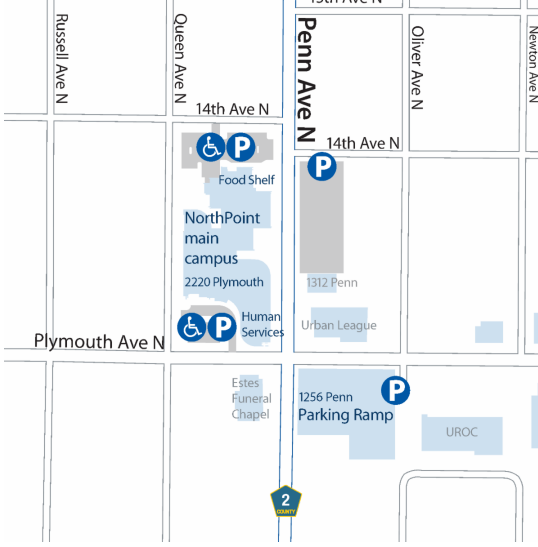
If you have new benefits information or questions, please call us at 612-543-2500 to update us over the phone. You may also update your benefits information on [MyChart](#) or bring your newest information to your next visit.

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 [Men's Health](#) featuring NorthPoint Medical Director Kevin L. Gilliam, MD, about men's health concerns, the importance of getting health checkups, trusting your provider, and more.

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

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