



NORTHPOINT
Health & Wellness Center

COMMUNITY NEWSLETTER

FEBRUARY 2026



Pictured: Staff and Volunteers from the Healthy Hearts Group Celebration December 2025

Does Something Feel Off?

You don't have to wait until something feels serious. We're here for you now.

In-person, phone, and video. Same-day appointments are open!

Call 612.543.2500.



There's A Lot Going On

Our Behavioral Health team is here to listen.

In-person, phone, and video. New guests welcome!

Call 612.543.2740 (direct) | 612.543.2500 (main).



Heart Health Awareness!

Heart disease is very common.

Here are ways to improve your heart health:

- o Exercise
- o Choose healthy meals and snacks
- o Quit or reduce smoking
- o Check your blood pressure
- o Get plenty of sleep and rest
- o Find out your family history

Talk to a doctor about your heart health. 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 2/5/26 through 11/12/26

Dinner Provided

Sign up at [Healthy Hearts Registration](#)



Children's Dental Month!

Every kid's smile should be the picture of health.

- o Brush twice a day with fluoride toothpaste.
- o Use floss, pick, or water flosser once a day.
- o See dental hygienist for professional cleaning.
- o Eat healthy. Limit sweets and sugary sodas.

At Give Kids a Smile, kids ages 0-17 can get dental care.

Friday, February 6, 8:30 a.m. - 4:00 p.m.

Saturday, February 7, 8:00 a.m. - 11:00 a.m.

Learn more at [Give Kids a Smile](#)



Care At Home

NorthPoint can give you care even if you can't come in.

o We offer phone and video visits for most types of appointments. Call 612.543.2500 to check your options.

o Need a prescription? Send someone to our Pharmacy to pick it up for you. They'll need payment, your date of birth, and your address.

o Need groceries? Send someone to our Food Shelf to pick them up for you. They'll need the number of people who live in your home.



Black History Month!

Black History Month is celebrated nationally each year during February.

It's a time to highlight the contributions and achievements of African American individuals and communities, as well as their struggles for freedom and equality in the United States.

Hennepin County libraries will celebrate and honor Black History Month this February with public programs, displays, and activities in libraries, and recommended book, music, and film lists.

For a complete listing of events, visit [Events | Hennepin County Library | Celebrations and Cultural Heritage](#).



February Holiday Observances

NorthPoint is closed on Monday, February 16, for President's Day.



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.

Contact Jamiela Taylor
at jtaylor@npimn.org or 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 [Hearth Health](#) featuring NorthPoint's **Clinical Services Director & Family Practice Physician**, Rahshana Price-Isuk, MD, sharing ways to keep your heart healthy.

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](#)
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