



**NORTHPOINT**  
Health & Wellness Center

# COMMUNITY NEWSLETTER

JULY 2026



Pictured: Free Fresh Food Fridays Volunteers



**Your health.  
Our priority.**



**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](#)

# 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

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

612-767-9500 • [www.northpointhealth.org](http://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

[Volunteer questions and application](#)

[Community tabling questions and reservations](#)

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## Hepatitis Health

Ask your provider about the hepatitis vaccine.

It helps protect you against liver cancer.

Call 612-543-2500.



## 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



## 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](#)

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## 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.

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](mailto:adventures@loppet.org)  
Learn More At: [Loppet.org](http://Loppet.org)




## July Holiday Observances

NorthPoint will be open 8:00 a.m. to 5:00 p.m. on Thursday, July 3, and closed on Friday, July 4, for Independence Day.



## Never Miss An Update!

We use a new texting system.

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

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## 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](https://northpointhealth.org/mychart) to sign up and download the app.

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## 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.

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## 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 [Health Education & Coaching](#) featuring NorthPoint Health Coach,

Solange Monano talking about the importance of health education and staying motivated to make healthy choices..

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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