



NORTHPOINT
Health & Wellness Center

COMMUNITY NEWSLETTER

MAY 2026



Pictured: Free Fresh Food Fridays Volunteers

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, May through September:

- May 8 & 22
- June 12 & 26
- 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](#)



Care for your body. Support for your mind.

Medical & Behavioral Health:

- New & existing patients welcome
- In-person, phone & video options

Coverage available! We help individuals and families in all financial situations. We can help you with insurance, discount options and payment plans.

Call 612-543-2500.

Asian American, Native Hawaiian, and Pacific Islander Heritage!

NorthPoint Health & Wellness Center encourages everyone to take time to

reflect and celebrate the important role that Asian Americans, Native Hawaiians, and Pacific Islanders have played in our shared history.

Connect with the [Hennepin County Library](#) to learn more about these cultures through art, literature, music, and film.



Mental Health

Your story matters!

NorthPoint Behavioral Health providers are here to listen.



Call 612-543-2500 or visit [Behavioral Health](#).

High Blood Pressure

Is your blood pressure higher than 120/80?

High blood pressure (hypertension) can lead to heart disease, kidney disease and stroke.



Monitoring your blood pressure at home can help you know your numbers! Ask your provider about how to keep track of your blood pressure at home.

"if you don't have a *healthy heart*, you can't thrive and do the things that you want to do for your *family and community*."
—rahshana, physician

your heart beats for generations
Made possible by Hennepin County

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 5/07/26 through 06/11/26

Childcare available

Dinner Provided

Sign up at [Healthy Hearts Registration](#)



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



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.



NorthPoint Pride!

Join us for the NorthPoint Pride Health & Wellness Resource Fair. It's a chance for the Northside queer community to celebrate Pride together.

Thursday, June 4
4 p.m. to 6 p.m.
2220 Plymouth Ave N

Get connected to health and wellness resources, health screenings and fun activities. Build connections and have meaningful conversations about the kind of care that works for you.

Free parking in the ramp at 1256 Penn Ave N (enter at Plymouth Ave N & Oliver Ave N).



May Holiday Observances

NorthPoint is closed on Monday, May 26, for Memorial 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 [Heart Health](#) featuring NorthPoint's Clinical Services Director, Dr. Rahshana Price-Isuk, discussing bridging gaps for our guests who receive care in a language other than English.

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](#)