



Pictured: Staff and volunteers at Free Fresh Food Fridays, Summer 2021

Free Fresh Food Fridays is back!

It's almost summer which means Free Fresh Food Fridays is back! Free produce and community resources will be available to everyone **every 2nd and 4th Friday of the month**. We will be located at the parking lot at Plymouth & Oliver from May through September and **begin at 9:30 AM until supplies run out**.

Rain or shine, we will be there! Mark your calendars with the dates below so you don't miss a Free Fresh Food Friday. We'll see you this summer!

Free Fresh Food Friday dates

May 13 & 27

June 10 & 24

July 8 & 22

August 12 & 26

September 9 & 23



Phase A construction complete with opening of new staff break room

Phase A of the NorthPoint campus expansion wrapped up with the opening of the new staff break room in the clinic at 1313 Penn. Staff enjoyed a week of treats provided by local businesses to celebrate the new space. And leadership hosted community members and partners for an open house on

Thursday April 14th. The restructured and remodeled lower level triples the size of NorthPoint's previous staff break area and provides a fully remodeled finance and billing area where patients can go to pay their bills and apply for financial aid. This marks only the first phase of expansion for NorthPoint, which continues to serve 36,000 residents annually throughout the height of a global pandemic. Stay tuned to updates about our campus expansion by visiting our [website here](#).

Check out these local businesses that provided treats for staff and decorations for the new space!

Treats:

[Cookie Cart](#)

[Cuppa Java](#)

[Green Garden Bakery](#)

[Love You Cookie](#) - Thank you to Chris O'Connell & Ryan Schafer for your generous donation!

[Wendy's House of Soul](#)

Special event refreshments:

[Breaking Bread \(by Appetite for Change\)](#)

Flowers and plants:

[Bouquets by Carolyn](#)

Volunteer Spotlight

We ♥ our NorthPoint volunteers! Carol has been volunteering at NorthPoint for well over a year now and does a fantastic job at setting up our mini markets at the Food Shelf every Thursday morning. We thank Carol for being an amazing volunteer and **creating a great experience for our community** NorthPoint is a volunteer-powered organization. Our volunteers help make our mission possible. Interested in volunteering? Contact Larissa at llittle@npimn.org or sign up [here!](#)



Watch Making Health Happen

If you've tuned into 89.9 KMOJ on Monday evenings you may have caught our new talk show, Making Health Happen. Each episode we interview guests



about health and wellness topics important to North Minneapolis and now you can watch each episode on YouTube. Make sure to [subscribe here](#) to our YouTube channel to watch new episodes! And listen on 89.9 KMOJ "THE PEOPLES STATION" Mondays at 6:00 PM.

WATCH NOW:

[Episode 1: Health Equity & Black History Month with Stella Whitney-West](#)

[Episode 2: Heart Health with Dr. Rahshana Price-Isuk](#)

[Episode 3: Nutrition with Karen Blanchard](#)

[Episode 4: Colorectal Cancer Awareness with Dr. Rahshana Price-Isuk](#)

NEW! [Episode 5: Alcohol Awareness with Dr. Helen Thomas and Wendy Nelson, RN](#)

NEW! [Episode 6: Oral Cancer Awareness with Dr. Michael Brooks](#)

COVID-19 Basics

NORTH POINT
Health & Wellness Center

To Protect Yourself and Others from Covid-19
If you feel sick...

CHECK YOUR SYMPTOMS

START WEARING A MASK

GET TESTED

STAY HOME IF YOU TEST POSITIVE

GET VACCINATED

For more information, visit northpointhealth.org/coronavirus-updates

Please Note:

Due to COVID restrictions, NorthPoint medical, dental and behavioral health services are by appointment only. Call 612-543-2500 to get scheduled.

Masks are still required in all NorthPoint facilities, no matter your vaccination status.

Visit [our COVID-19 information page](#) to learn more about the COVID-19 vaccine.

Join the NorthPoint Team

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- [Employment at NorthPoint Inc.](#)



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