Looking for ways to celebrate National Rural Health Day? Here are a few ideas!

**General Ideas**

- **“Hello! Happy National Rural Health Day”**
  - Answer the phone with a custom NRHD greeting

- **Visit a morning news show and hold up a sign that says “Happy National Rural Health Day!”**

- **Wear a National Rural Health Day T-shirt to school or work**

- **Use the hashtag #powerofrural in all of your social media on 11.21.19.**

- **Do something “healthy” that day – eat more vegetables, bike instead of drive to work, get your cholesterol checked, or quit smoking! Visit Great American Smoke Out for resources, apps and tips!**

**State Offices of Rural Health & Partners**

- **Obtain gubernatorial/legislative proclamation recognizing National Rural Health Day**

- **Visit community/state leaders to educate them on rural health issues and tout the work of State Offices of Rural Health and others in addressing those needs**

- **Host conference “Celebrating the Power of Rural” on National Rural Health Day**

- **Present a series of themed lectures/presentations by state rural health leaders or advocates via Webinar on National Rural Health Day**

- **Present rural health awards/ honor rural (or community) heroes**

- **Contact local/state media; arrange National Rural Health Day interviews**

- **Produce rural health-related videos, fact sheets and other educational materials**

- **Link to the PowerofRural.org website from your website.**

**IT’S NOT JUST A DAY, IT’S A MOVEMENT.**

November 21, 2019 #powerofrural

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November 15, 2018 TM

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November 21, 2019 #powerofrural

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WAYS TO Celebrate

Looking for ways to celebrate National Rural Health Day? Here are a few ideas!

**Schools**

- Plan a field trip to a local hospital or rural health provider
- Host “Health Careers Day” in career development centers/guidance offices
- Invite rural health providers to speak in the classroom
- Have rural-themed poster essay contests
- Share your story – speak at a local school or community event

**Hospitals/Rural Health Providers**

- Host a National Rural Health Day “Fun Day” to promote health and wellness – kids participate in fun physical activities, sample healthy foods and receive health information
- Link the National Rural Health Day website to your website
- Have a “staff appreciation” luncheon
- Give tours of your facilities
- Display National Rural Health Day banners & posters