

Social media templates



INSTAGRAM POSTS

- **Post 1:** Rural Minnesota health care providers don't just treat patients - they strengthen entire communities. This #NationalRuralHealthDay, we celebrate the dedicated professionals who choose to serve in small towns across our beautiful state. From the Boundary Waters to the Minnesota River Valley, thank you for your service! 🏠💙 #PowerOfRural #MinnesotaRuralHealth #RuralHealthDay #HealthCareHeroes
- **Post 2:** Strong rural health care systems support agricultural communities, preserve cultural heritage, and ensure quality health care is accessible regardless of zip code. Today we honor the #PowerOfRural in Minnesota! Share this post to spread awareness about the importance of rural health in our state. ❤️🏠 #RuralHealthDay #MinnesotaHealth #RuralMN #CommunityStrong
- **Post 3:** Mental health, primary care, emergency services - rural health care providers often wear multiple hats to serve their communities. This #NationalRuralHealthDay, let's recognize their incredible versatility and dedication. Minnesota's rural communities are stronger because of you! 🙌 #PowerOfRural #MinnesotaRuralHealth #HealthCareAppreciation #RuralStrong

To optimize your Instagram posts, the recommended image dimensions are:

- Square Posts: 1080 x 1080 pixels
- Portrait Posts: 1080 x 1350 pixels
- Landscape Posts: 1080 x 1920 pixels

Follow/tag MDH on Instagram @mnhealth

Social media templates



FACEBOOK POSTS

- **Post 1:** Today we celebrate National Rural Health Day and honor the incredible health care providers serving rural Minnesota communities! From the North Shore to the southern prairie, rural health care heroes go above and beyond every day. They often serve larger geographic areas with fewer resources, yet their dedication never wavers. Thank you for keeping our rural communities healthy and strong! #PowerOfRural #MinnesotaRuralHealth #RuralHealthDay #MinnesotaStrong
- **Post 2:** Did you know that rural Minnesota communities serve as essential health care hubs for surrounding areas, often providing the only accessible care for miles? On National Rural Health Day, we recognize these vital community anchors and the providers who make quality health care possible regardless of zip code. From Alexandria to Worthington, from Grand Rapids to Rochester - we see you and appreciate you! 🙌 #PowerOfRural #RuralHealthDay #MinnesotaCommunities
- **Post 3:** The Minnesota Department of Health's Office of Rural Health and Primary Care partners with policymakers, providers, and rural communities to support a continuum of core health services throughout our state. This National Rural Health Day, let's recommit to supporting policies and initiatives that strengthen rural health care access for all Minnesotans. Learn more about rural health resources at health.state.mn.us 🏢 #PowerOfRural #MinnesotaHealth #RuralHealthPolicy

To optimize your Facebook posts, the recommended image dimensions are:

- Square Posts: 1080 x 1080 pixels
- Portrait Posts: 1080 x 1350 pixels
- Landscape Posts: 1200 x 630 pixels

Follow/tag MDH on Facebook @mnhealth

Social media templates



TWITTER (X) POSTS

- **Post 1:** Today we celebrate #NationalRuralHealthDay! 🏢 Rural #Minnesota health care providers are community heroes, serving larger areas with incredible dedication. From the Iron Range to the River Valley - thank you for keeping rural MN healthy! #PowerOfRural #MinnesotaRuralHealth
- **Post 2:** Rural health care = rural community strength. On #RuralHealthDay, we honor the providers, clinics, and hospitals that anchor Minnesota's small towns and agricultural communities. When rural health care thrives, all of MN benefits! 💪 #PowerOfRural #MinnesotaStrong
- **Post 3:** The unique challenges facing rural #Minnesota deserve unique solutions. This #NationalRuralHealthDay, let's advocate for policies that support rural health care workforce development and community sustainability. #PowerOfRural #RuralHealthPolicy #MNHealth
- **Post 4:** From the annual MN Rural Health Conference to local clinic appreciation events - there are many ways to support rural health in our state! How is your community celebrating #RuralHealthDay? Share your stories! 🎉 #PowerOfRural #MinnesotaCommunities

To optimize your Twitter (X) posts, the recommended image dimensions are:

- Single Image Tweet: 1200 x 675 pixels
- Maximum File Size: 5 MB for images

Follow/tag MDH on X @mnhealth

Social media templates



LINKEDIN POSTS

- **Post 1:** As we observe National Rural Health Day, it's important to recognize that rural Minnesota communities face unique health care challenges that require innovative solutions and dedicated professionals. Rural health care providers often serve broader roles in their communities beyond traditional clinical care, acting as community anchors and economic drivers. The data shows us that rural communities serve as essential health care hubs for surrounding areas, yet face ongoing challenges with provider recruitment, resource allocation, and policy support. Organizations and leaders must continue advocating for rural health initiatives and supporting workforce development in these critical areas. How is your organization supporting rural health care in Minnesota? #PowerOfRural #RuralHealthDay #MinnesotaHealth #HealthCareLeadership #RuralHealthPolicy
- **Post 2:** This National Rural Health Day, let's commit to year-round engagement with rural health issues, not just annual recognition. Rural health care excellence requires sustained partnership between urban and rural areas, public and private sectors, and local and state leadership. When we invest in rural health infrastructure and workforce development, we strengthen the entire state's health care system. What partnerships is your organization building to support rural health? #PowerOfRural #MinnesotaRuralHealth #HealthCarePartnerships #RuralHealthDay

To optimize your LinkedIn posts, the recommended image dimensions are:

- Post Image Dimensions: 1200 x 628 pixels
- Blog Post Image: 1200 x 627 pixels

Follow/tag MDH on LinkedIn @mnhealth