

Rural Health Day

November 21



Every year, rural communities and organizations join together to promote rural health.

What to do

The Minnesota Office of Rural Health encourages everyone to celebrate National Rural Health Day in their communities.

On Nov. 21, 2019, make a plan to do something healthy for you or your family.

- Take a walk or go on a bike ride.
- Eat seven servings of fruits and vegetables.
- Get your cholesterol checked.
- Quit a bad habit for the day.
- Thank a health care professional for the work they do.

What to know

It's not just a day, it's a national movement.

Everyone can participate

Celebrate Rural Health Day in your community. Visit the national [#PowerofRural](#) website for ideas.

- **#PowerofRural**
<http://www.powerofrural.org>

Keep up to date on plans for Rural Health Day at the Minnesota Office of Rural Health and Primary Care.

- **Minnesota Department of Health:**
<http://www.health.mn.gov/facilities/ruralhealth/>
- **Email:** health.orhpc@state.mn.us
- **Call:** 651-201-3838
- **Twitter:** @mnhealth, #mnruralhealth



At the Minnesota Department of Health, we work for all people and communities to have what they need to be healthy.

Visit us at [**www.health.state.mn.us**](http://www.health.state.mn.us)

To obtain this information in a different format, call 651-201-5414. Printed on recycled paper. 8/19