

# Ways to Celebrate

Here are some ways you can celebrate National Rural Health Day.



## State Offices of Rural Health

- Host virtual conference on National Rural Health Day
- Produce rural health fact sheets, videos or other educational materials
- Host a statewide rural photo contest
- Add the NRHD logo to your website and email signature
- Obtain gubernatorial/legislative proclamation recognizing National Rural Health Day



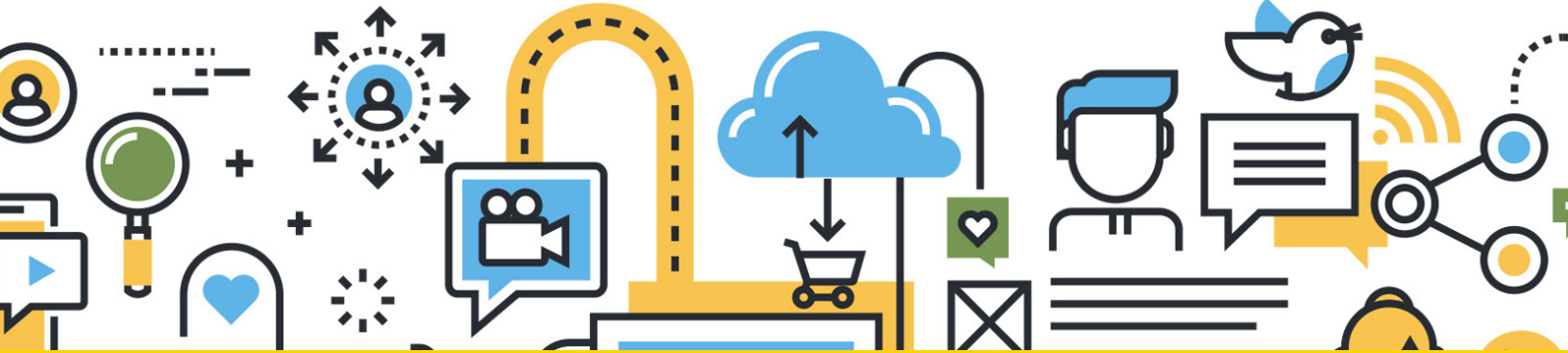
## Health Partners

- Show appreciation to your local rural health professionals by providing them with discounts or special offers
- Launch a community-wide project to make face coverings that read, #PowerofRural or "I ♥ Rural Health"



## Hospitals & Rural Health Providers

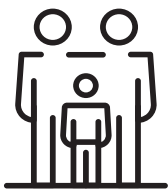
- Display National Rural Health Day posters in your office
- Provide a staff appreciation lunch
- Wear a National Rural Health Day t-shirt to work
- Honor your staff/volunteers on social media
- Distribute NRHD swag (shirts, buttons, etc) to staff
- Share data about your rural facility or community
- Lead and facilitate a discussion on health equity and what it means to your facility/community





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## Parents & Guardians

- Involve the family in preparing a healthy meal and share it on social media
- Talk with your kids about ways to get active and stay healthy in rural places
- Download the National Rural Health Day coloring book for a fun day of coloring. Take a picture and post on social media with the #powerofrural



## Patients

- Write a note to your healthcare team thanking them for their help and their commitment to serving a rural population
- Record a "Why I'm grateful for my rural health provider" video and post it on social
- Make an "I Love Rural Health Heroes" face covering and snap a photo

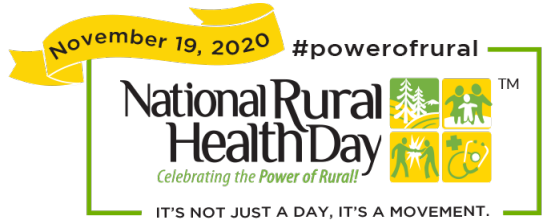


## Individuals

- Commit to at least ONE healthy activity!
  - » Skip the sweets and opt for vegetables
  - » Bike instead of drive
  - » Quit smoking
  - » Volunteer to make your community healthier
- Plant a tree in honor of a rural health hero
- Write a letter to the editor or contact policymakers to stress the importance of addressing the health needs of rural communities



Download Tools & Resources: Visit [powerofrural.org/nrhd-toolkit](https://powerofrural.org/nrhd-toolkit)



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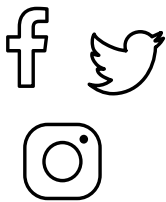
## Teachers & Schools

- Give your students pages from the NRHD coloring book
- Sponsor a rural health-themed poster contest
- Host a virtual career day - invite a doctor, nurse, EMS, or administrator from your rural hospital or clinic, asking them to share what they do and who they serve
- Wear a National Rural Health Day t-shirt for school or work - even if you're attending remotely
- Ask students to interview a community or family member working in rural health and write an essay on that person



## Small Businesses

- Show appreciation to your local rural health professionals by providing them with discounts or special offers
- Use #powerofrural hashtag in your social media on 11/19/20
- Donate to your local rural health organization's volunteer corps
- Kick off a "wellness while we work" campaign and engage all employees to participate



## Social Media Users

- Share a story about your doctor, a nurse or other healthcare provider who has made a positive impact on your life
- Share social media graphics available at [powerofrural.org/nrhd-toolkit](http://powerofrural.org/nrhd-toolkit)
- Share social media posts of your local healthcare provider



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