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

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

- **Obtain a proclamation from local public officials that recognizes Rural Health Day**

- **Host or promote a [Walk with a Doc](#)**

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

- **Do something “healthy” - eat more vegetables, bike to work, get your cholesterol checked, or quit smoking**

- **Plan or host a community event**

- **Write a letter to the editor or contact a local legislator to stress the importance of addressing the health needs of rural communities**

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

- **Share your story - Speak at a local school or community event**

- **Contact local media for Rural Health Day interviews**

- **Visit community leaders to discuss rural health issues and tout the work of local providers addressing needs**

- **Display Rural Health Day banners and posters**

- **Tell the Office of Rural Health how you’re celebrating Rural Health Day and we’ll share it on our website!**

- **Give tours of your facilities**

- **Have a “staff appreciation” luncheon**

- **Link to worh.org/rural-health-day from your website**

Material adapted from the National Association of State Offices of Rural Health’s National Rural Health Day Toolkit