



Ways to Celebrate

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



State Offices of Rural Health & Rural Health Stakeholders

- Host a Meeting or Conference on NRHD
- Produce Rural Health Fact Sheets, Videos or Other Educational Materials
- Host a Statewide Rural Photo Contest
- Add the [NRHD Logo](#) to Your Website, Email Signature and Presentation Slides
- Obtain Gubernatorial/Legislative Proclamation Recognizing National Rural Health Day
- Launch a Community-wide Project to Make Signs that Read, #PowerOfRural or "I ♥ Rural Health"
- [Nominate an Individual or Organization to be a Community Star](#)

Hospitals & Rural Health Providers



- Use the #PowerOfRural and #NationalRuralHealthDay hashtags on social media
- 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](#) we've made available.
- Share inspiring news and information about your local healthcare providers on social channels
- Post a video sharing your favorite things about rural living or talk about what NRHD means to you
- Follow @NOSORH on [Facebook](#), [Instagram](#) or [Twitter](#) for the latest NRHD announcements
- Host (or participate in) a Twitter chat on an important rural health topic, like @ruralhealthinfo and @nosorh do on NRHD



Download Tools & Resources: Visit powerofrural.org/promotional-toolkit

November 17, 2022

#powerofrural

National Rural Health Day
Celebrating the Power of Rural!



IT'S NOT JUST A DAY, IT'S A MOVEMENT.

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Community Members



- Send a note to your healthcare team thanking them for their dedication to serving a rural population
- Record a “Why I’m grateful for my rural health provider” video and post it on social media
- Make an “I Love Rural Health Heroes” sign and snap a photo
- Commit to at least ONE healthy activity! Bike instead of driving, quit smoking, or volunteer to make your community healthier
- Write a letter to the editor or contact policymakers to stress the importance of addressing the health needs of rural communities
- Take a drive out to a rural area and enjoy the scenery! Post photos or videos of your adventures and use the #PowerOfRural hashtag

Teachers & Schools



- Download the [NRHD coloring book](#) for your students. Have them deliver pages to local healthcare providers
- Create an NRHD poster with thank you messages or drawings. Deliver it to your local hospital/clinic
- Sponsor a rural health-themed poster or essay contest
- Host a virtual career day - invite a doctor, nurse, EMT, or administrator from your rural hospital or clinic, and ask them to share what they do
- Wear an NRHD t-shirt
- Ask students to interview a community or family member working in rural health and write an essay on that person



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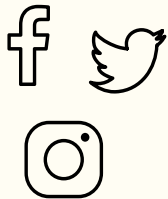
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Small Businesses



- Show appreciation to your local rural health professionals by providing them with discounts or exclusive offers
- Use the #PowerOfRural and #NationalRuralHealthDay hashtags on social media
- Donate to your local rural health organization's volunteer corps
- Kick off a "wellness while we work" campaign and engage all employees to participate
- On National Rural Health Day, offer a discount code like "NRHD10" for 10% off a purchase

Social Media Ideas



- Use the #PowerOfRural and #NationalRuralHealthDay hashtags on social media
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