We know there is work to be done, but we also believe there is plenty to celebrate. We invite you to join the celebration!

Join the Rural Health and Primary Care Program as we celebrate the "Power of Rural" by honoring the selfless, community-minded, can do spirit that prevails in rural America.

Looking for ideas? See our "Ways to Celebrate" poster

To share your activities or to sign your school on as a supporter, please complete our form:

www.123formbuilder.com/form-5053392

November 21, 2019
WAYS TO Celebrate

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

**Schools**

- Plan a field trip to a local hospital or rural health provider
- Have rural-themed poster essay contests
- Share your story – speak at a local school or community event
- Teach special rural-themed courses on National Rural Health Day (rural history, rural economics, etc.)
- Host "Health Careers Day" in career development centers/guidance offices
- Plan/host a community health fair
- Invite rural health providers to speak in the classroom
- Host and/or encourage students to participate in a rural health-related community service project (plan a health information fair, help paint a rural health clinic, etc.)
- Host a National Rural Health Day "Fun Day" to promote health and wellness – kids participate in fun physical activities, sample healthy foods and receive health information

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