

# National Rural Health Day

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](http://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



Host "Health Careers Day" in career development centers/ guidance offices



Plan/host a community health fair

Have rural-themed poster essay contests

Share your story - speak at a local school or community event



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.)



Teach special rural-themed courses on National Rural Health Day (rural history, rural economics, 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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