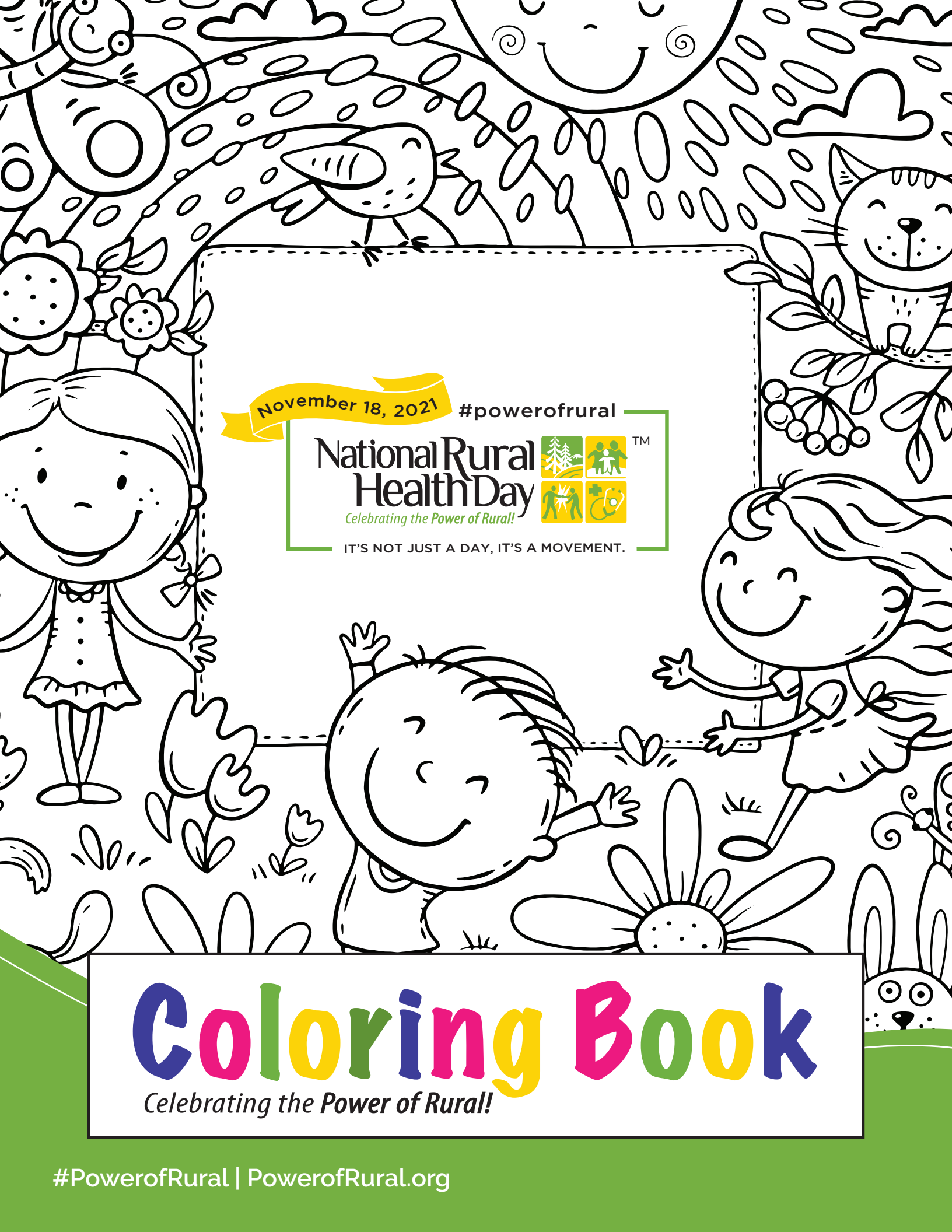




November 18, 2021

#powerofrural

National Rural
Health Day

Celebrating the Power of Rural!



TM

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

Coloring Book

Celebrating the Power of Rural!

This coloring book belongs to:

National Rural Health Day (NRHD) is a day for both children and adults to celebrate doctors, nurses, and all of the people in your community who work and volunteer to keep you healthy and safe.

On NRHD, draw and color pictures of your doctor or nurse, make a card to share with the hospital in your community, ask your teacher to read a story about how to stay healthy, make up a song or write a poem about how you can celebrate the Power of Rural on November 18, 2021.

You don't have to wait until NRHD to celebrate. You can show someone how important rural health is to you by celebrating all year long. Also, keep making healthy choices every day by eating healthy, exercising, and visiting your doctor for regular check-ups.

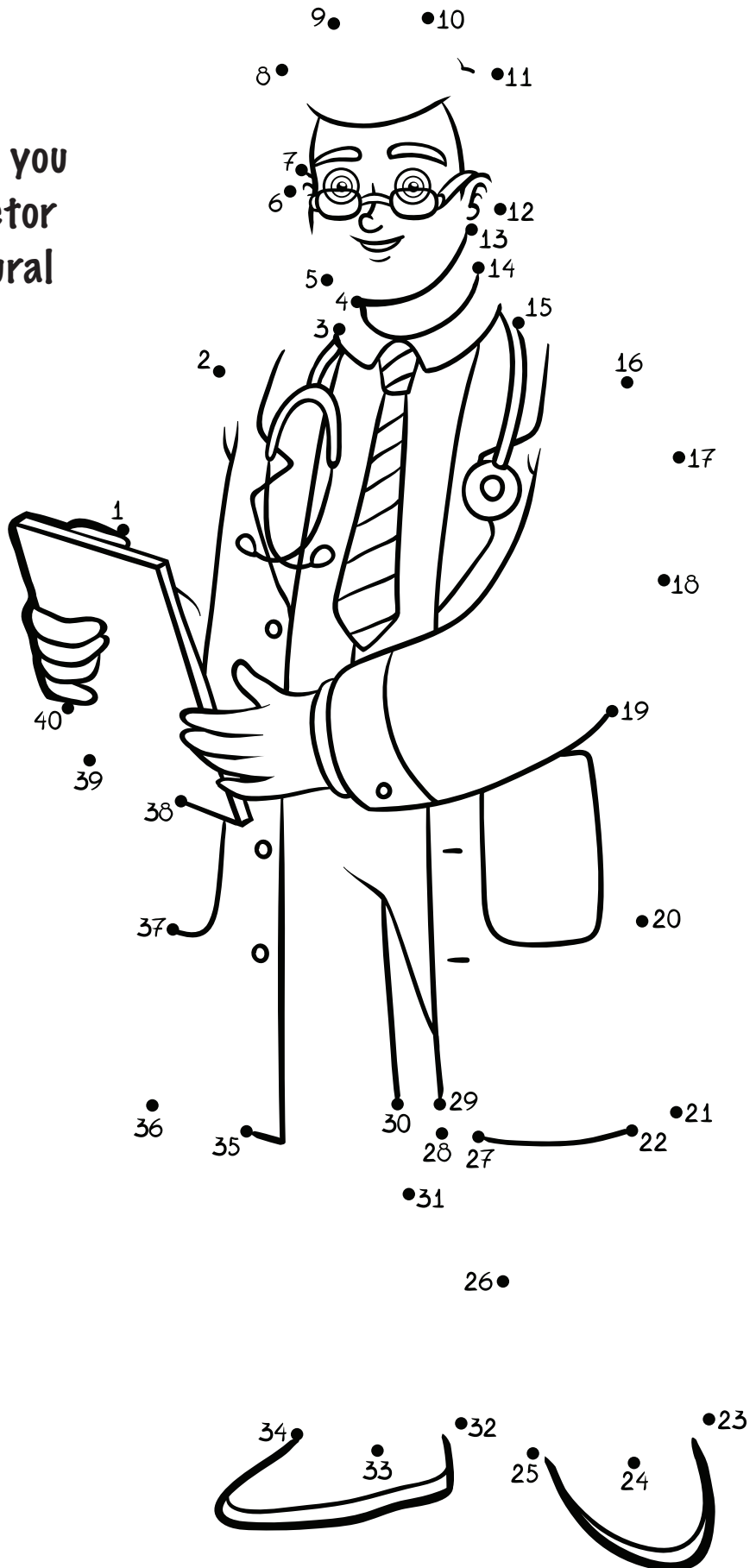
**Many of the delicious foods we eat
come from beautiful rural areas.**

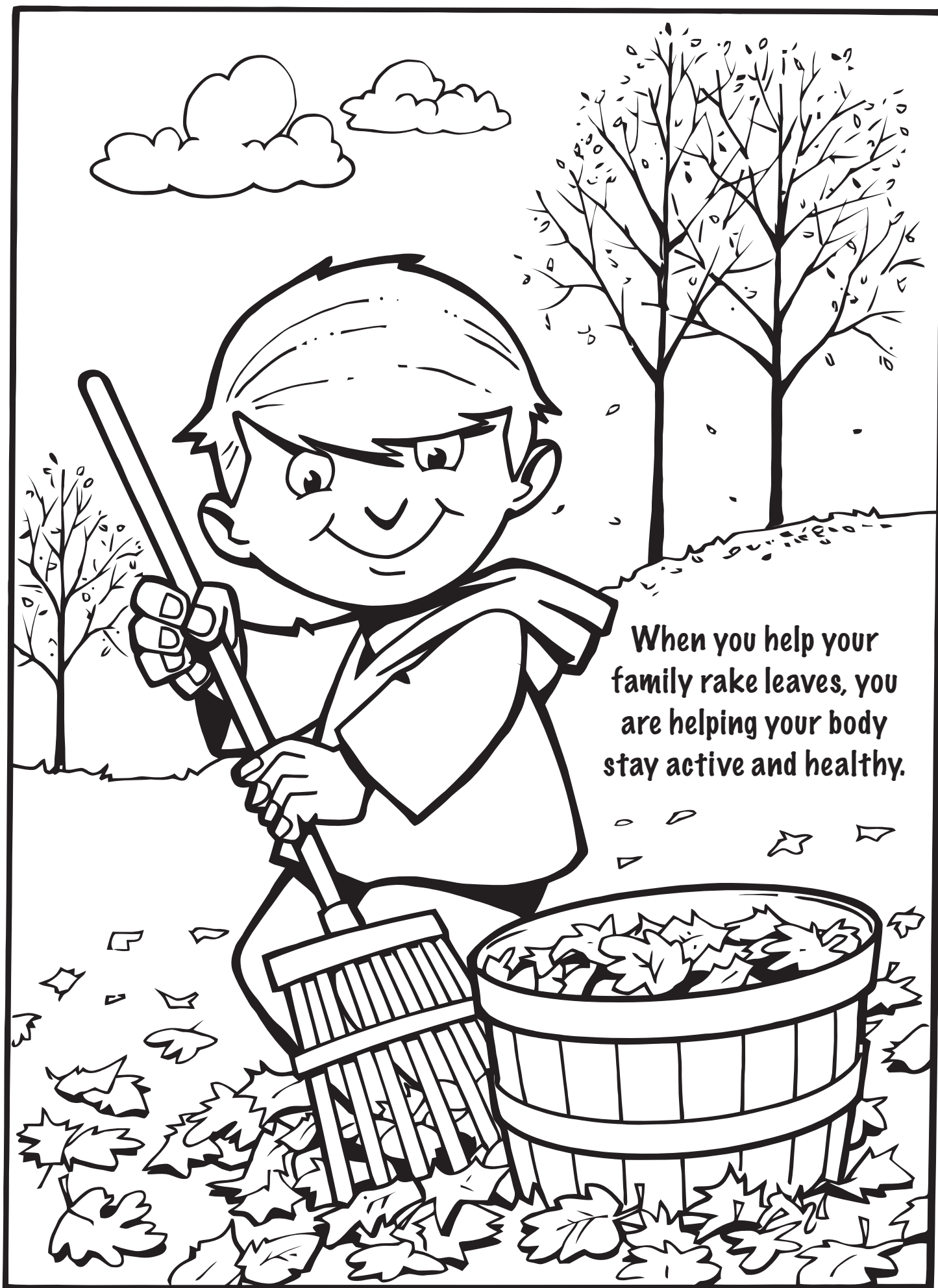


LET'S PLAY TOGETHER



**When you grow up, you
could become a doctor
or nurse in your rural
community.**





When you help your family rake leaves, you are helping your body stay active and healthy.

Washing your hands helps to stop the spread of germs. Sing the happy birthday song while you wash, because that's how long it takes to make sure your hands are good and clean!

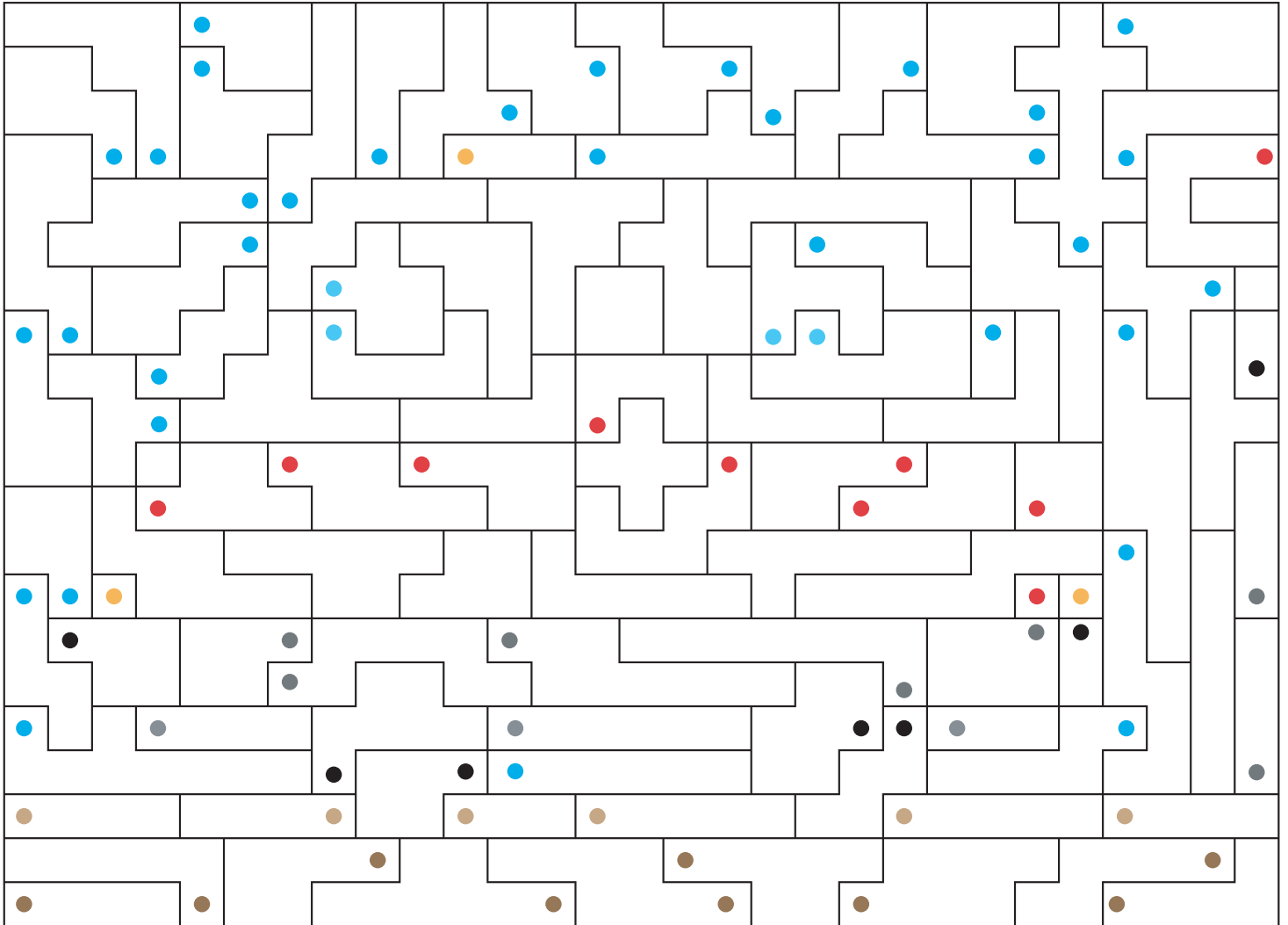
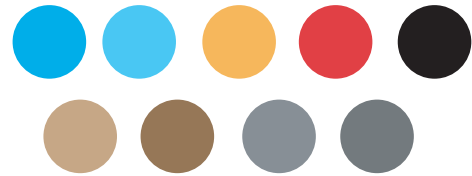
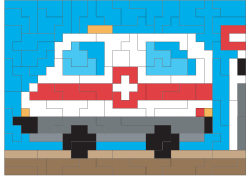




Dairy products, like cheese, milk and yogurt, come from cows. These provide kids with important nutrients, such as calcium, protein, potassium and vitamin D.

**Brushing your teeth keeps your mouth
healthy and your smile bright!**





An ambulance is an emergency vehicle used to bring sick people to the hospital in a hurry. You hear their sirens and see their flashing lights as they quickly drive down the street.



Can you find two of the same picture?

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