

# Coloring Book

*Celebrating the Power of Rural!*



November 19, 2020

#powerofrural

National Rural  
Health Day  
*Celebrating the Power of Rural!*



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

**This coloring book belongs to:**

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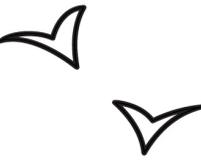
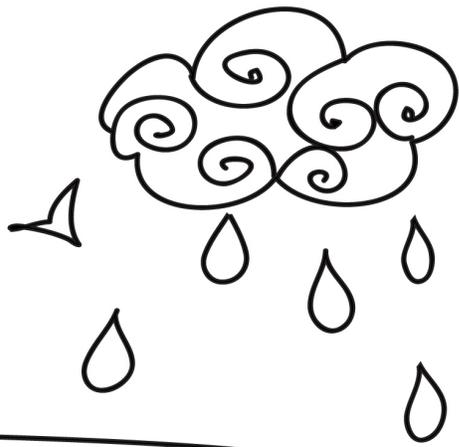
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National Rural Health Day (NRHD) is a day for both children and adults to celebrate doctors, nurses, and all of the people in your community who work and volunteer to keep you healthy and safe.

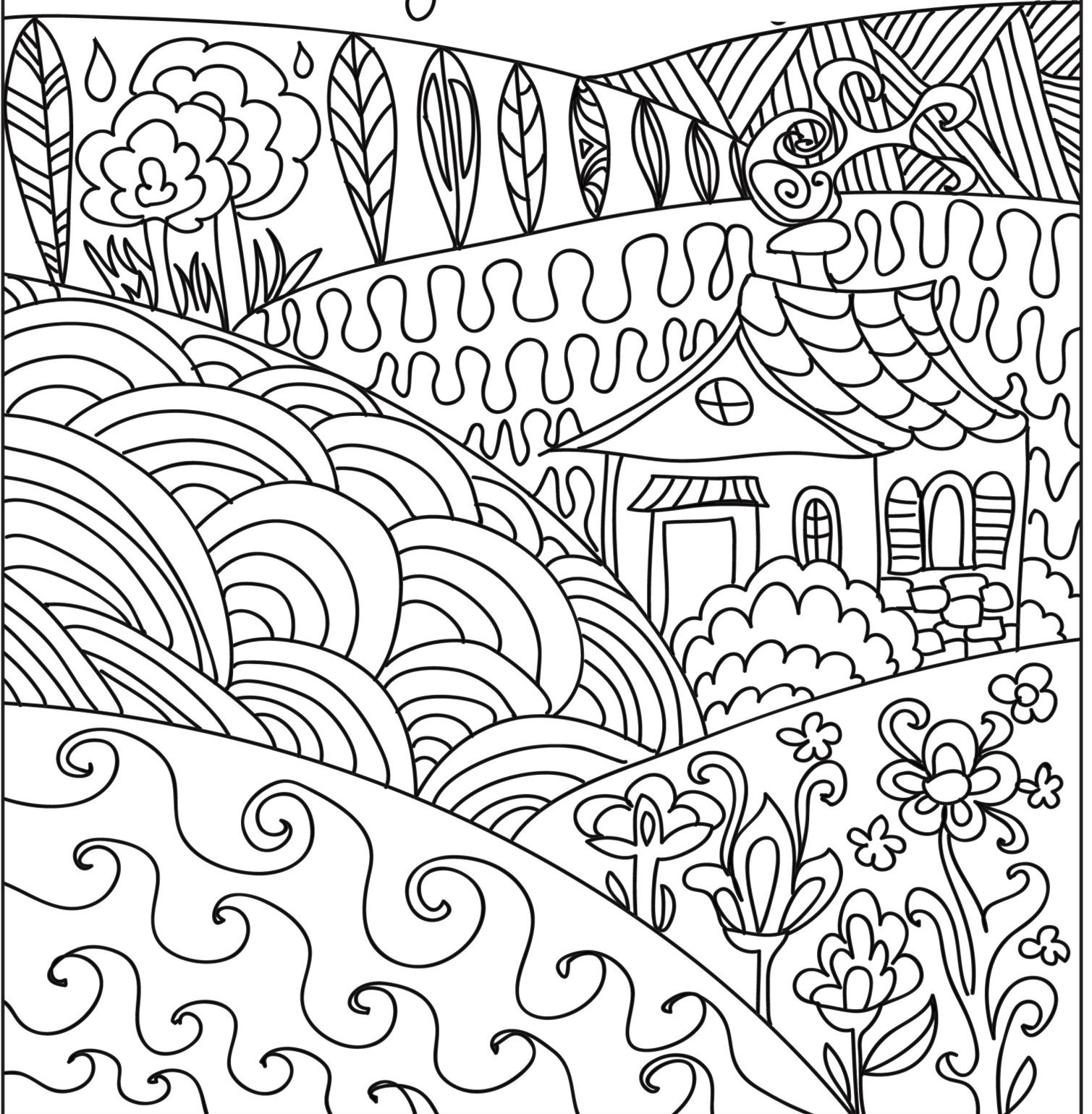
On NRHD, draw and color pictures of your doctor or nurse, make a card to share with the hospital in your community, ask your teacher to read a story about how to stay healthy, make up a song or write a poem about how you can celebrate the Power of Rural on November 19, 2020.

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.

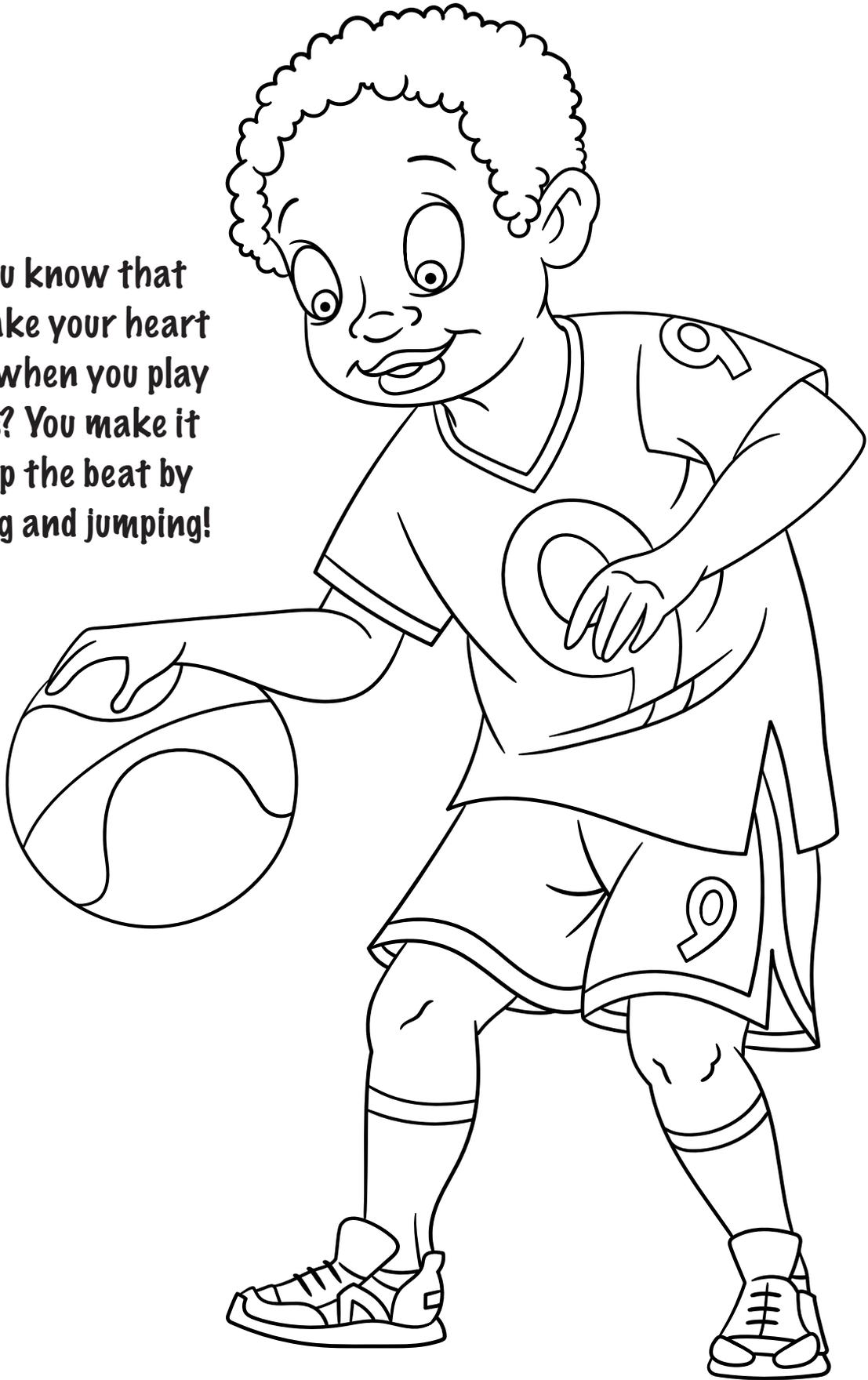
Organization  
Logo Here



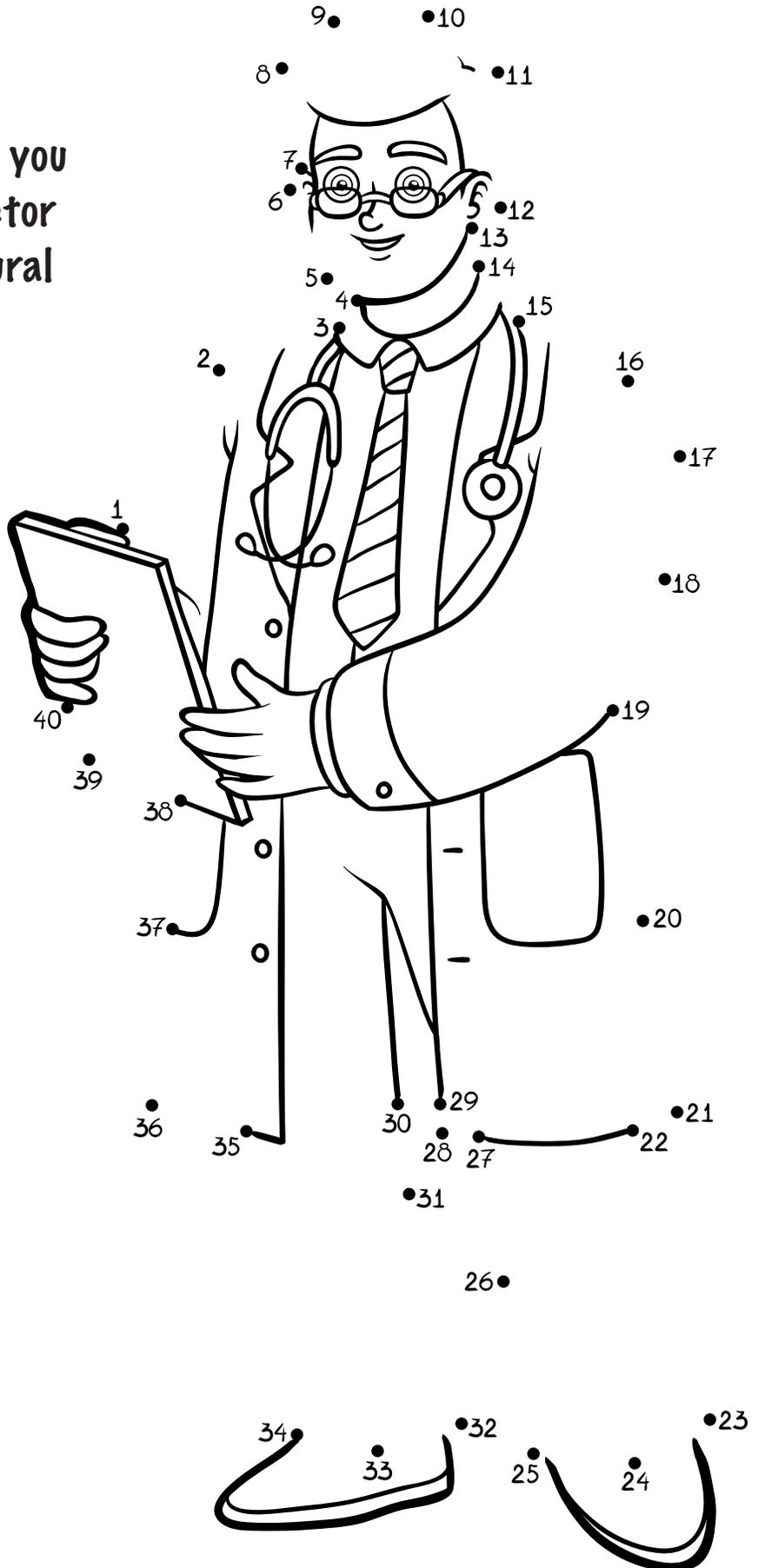
You live in a beautiful rural community.  
Rural areas are known by their farms,  
vegetation, and open spaces.

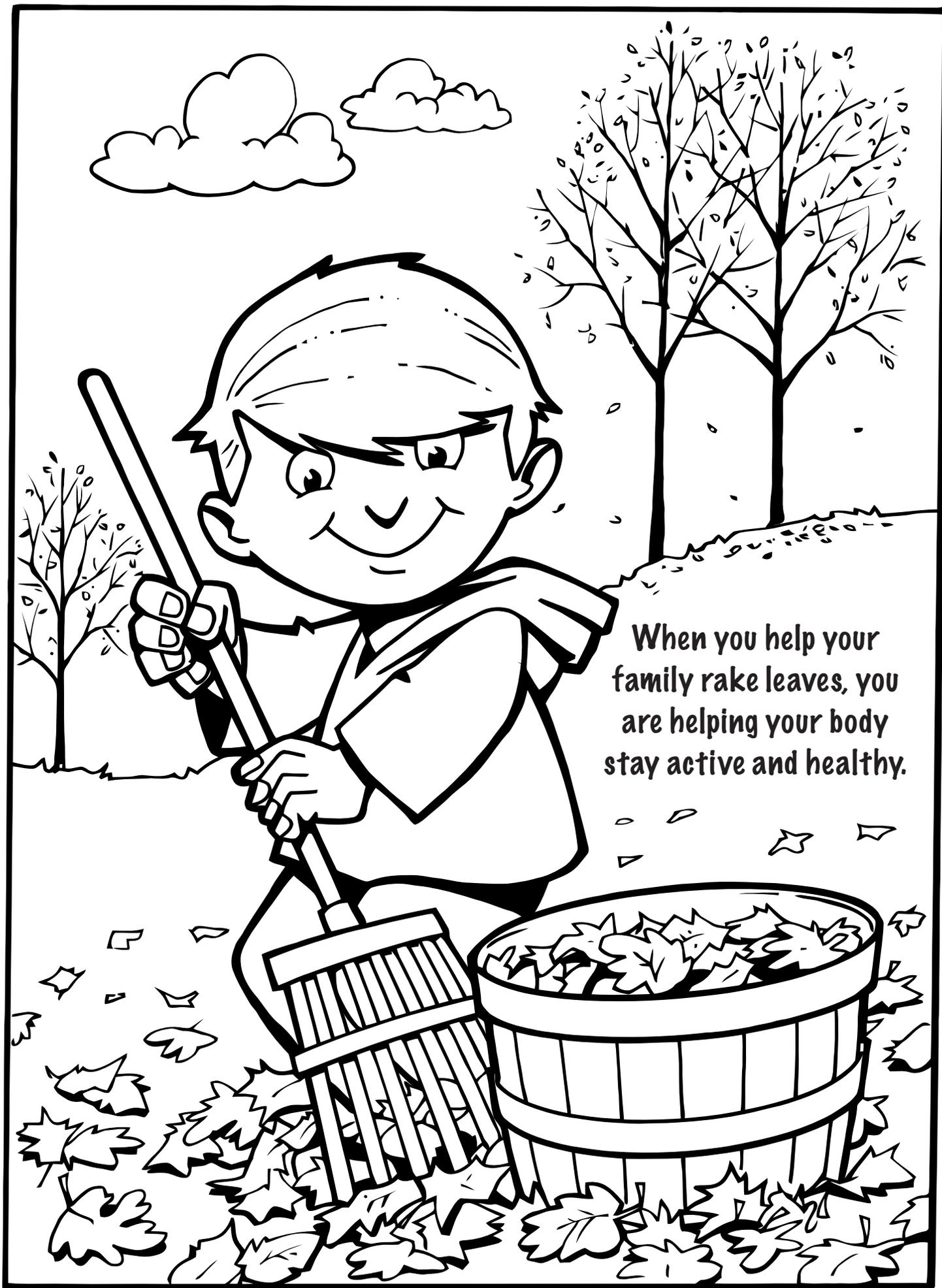


**Do you know that  
you make your heart  
happy when you play  
sports? You make it  
pick up the beat by  
running and jumping!**



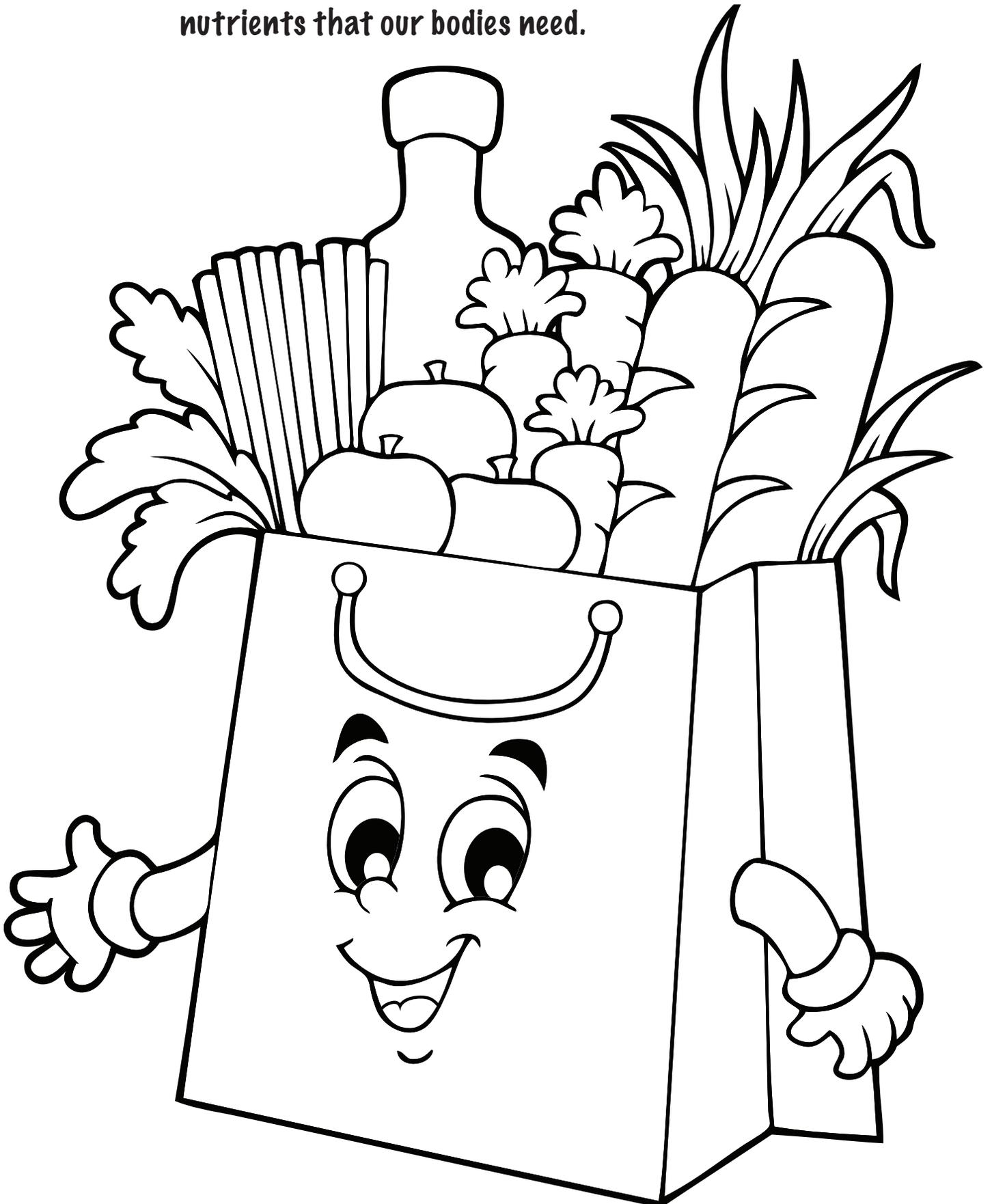
**When you grow up, you  
could become a doctor  
or nurse in your rural  
community.**





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

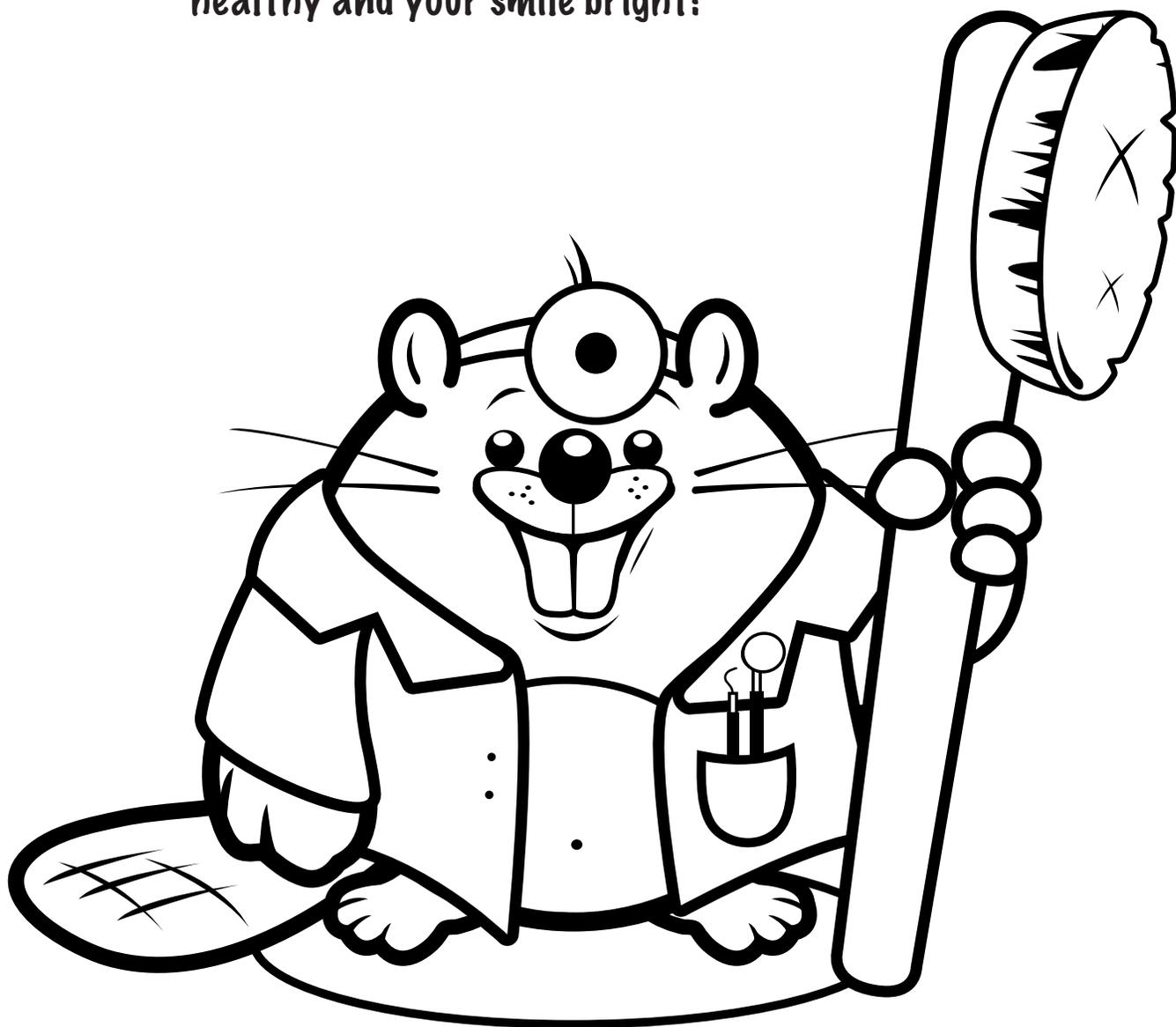
Vegetables come in all different colors, shapes, and sizes. They contain many vitamins and nutrients that our bodies need.

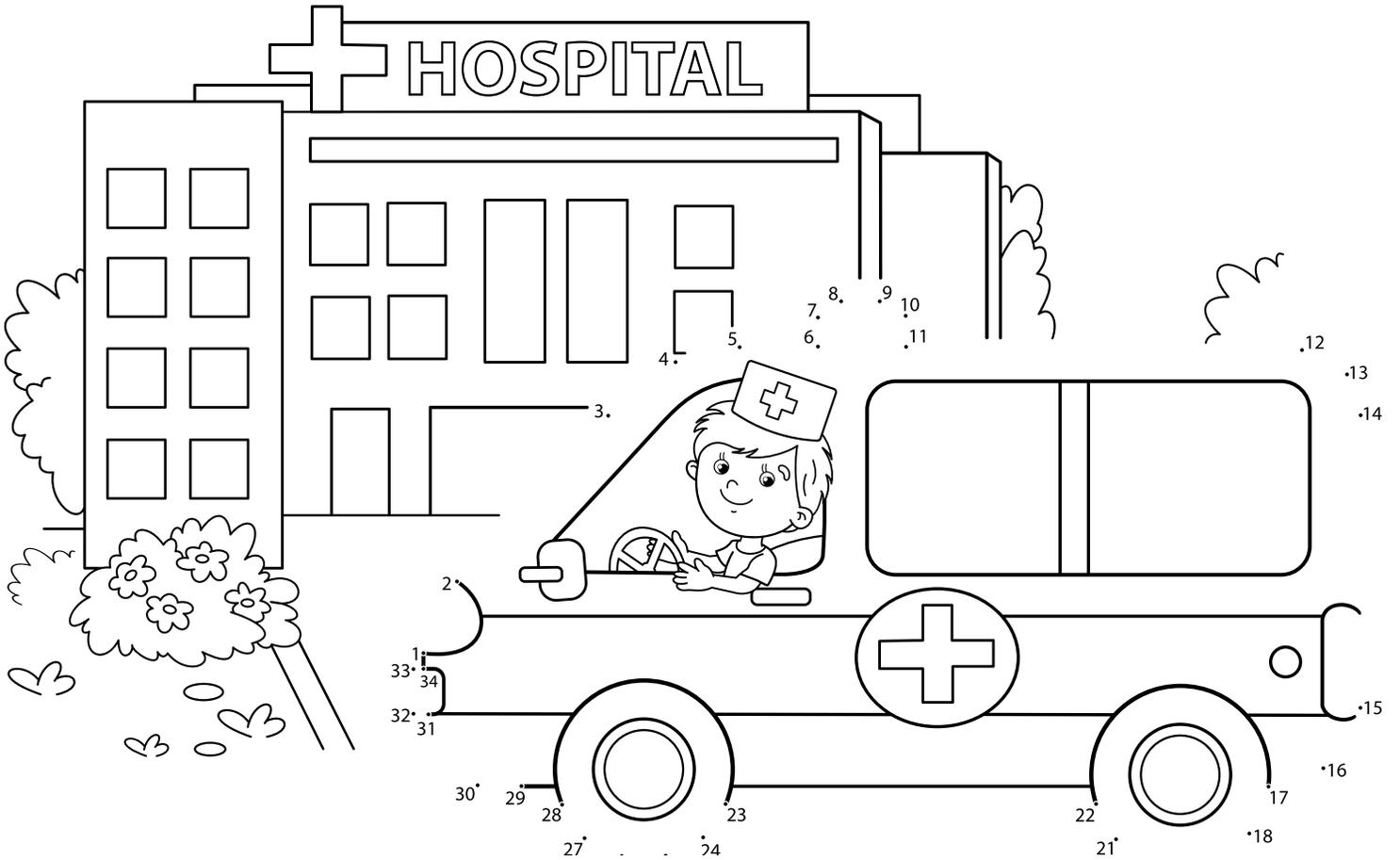


Family time is special, especially when  
cooking a healthy meal together.



**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 pictures?



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