

November 18, 2021

#powerofrural

National Rural
Health Day

Celebrating the Power of Rural!

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



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



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National Rural Health Day

Celebrating the Power of Rural!



TM

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

2021 National Rural Health Day

Coloring Contest

Elementary Kids – Pre-K through 3rd Grade

Rules: Choose a picture to color. Turn your art into Ringling Family Care. Entries must be received by 3:00 pm, Friday, November 12, 2021. Please be sure to write on the back of your art:

Name _____

Age/Grade _____

Phone _____

City _____

A winner for each grade will be selected and receive a Sonic Gift Card. Their photo and art will be displayed on our Facebook page and hung in the Ringling Family Care Clinic.

RFH
HEALTH
RINGLING FAMILY CARE

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



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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!



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