

November 16, 2017

#powerofrural

# National Rural Health Day

Celebrating the Power of Rural!



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

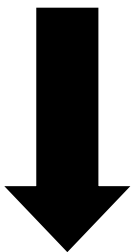
This Thursday CCMH is joining in on the celebration of promoting rural health.

And here's how we plan to do it!

Start out your day this Thursday by visiting the oatmeal buffet set up downstairs in 4 Corners! This will be available until 9:30a.m.



Keep your phone handy that day. You'll be receiving textcaster messages with helpful, healthy reminders and activities throughout the day.



**10a.m:** Take a group walk led by Kristy Heussner. Meet in the 4 Corners Lobby.  
**2p.m:** Take a group walk led by Tara Swan and Dr. Ralls. Meet in the 4 Corners Lobby.  
**5p.m:** Take a group walk led by Dr. Horine, Cindy Gilman & Amy Ireland. Meet in the 4 Corners Lobby.



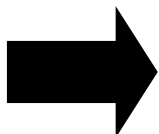
*"Dash With Docs"* will give employees an opportunity to get up and walk, while hanging out with a CCMH provider or leader, as your schedule allows. Make sure to bring your tennis shoes!



Grab a healthy snack downstairs at the yogurt buffet that the 4 Corners team is providing us that afternoon between 2 & 3:00pm.



Can't make the group walking times? Challenge yourself to walk on the track at least 5-10 minutes after lunch and during your breaks on Thursday!



Your Marketing team will be making rounds to capture our participation in this day. Will they catch you in action?