



A Recipe for Thriving in an Industry Teetering on Life-Support

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It all starts
with an
appetite.

What are you hungry for?



Design your menu.



- **Giving** Teams the Means to **Do** and **Be** their Best Under Challenging Circumstances
- **Inspiring** Engaged Community Stakeholders
- **Attracting** through Talent Stories
- **Championing** a Healthier Community
- **Participating** in Health Equity
- **Advocating** for Stability to Achieve **"Thriving"**

01 Starters

Begin with those at the front of the line, (and behind the scenes.)

Feed Your Teams



02 Stone Soup

Inspire community to join
without reservations.

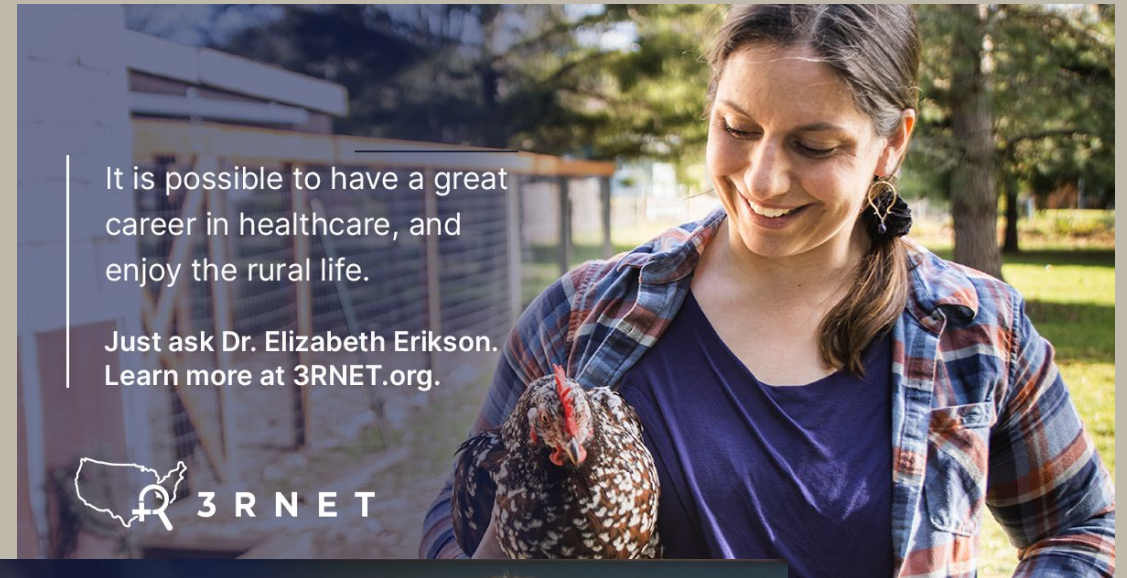
Ignite Kitchen Table Conversations



03 Raise a Glass

Celebrate your success stories.

Make Yours a Destination



It is possible to have a great career in healthcare, and enjoy the rural life.

Just ask Dr. Elizabeth Erikson. Learn more at 3RNET.org.



The Nation's Most Trusted Resource for Health Professionals
Seeking Careers in Rural and Underserved Communities.

I found my forever practice.

Learn how Dr. Elizabeth Erikson found her opportunity in Astoria, Oregon.

3RNET.org

04 Family Style

Plant seeds to grow healthier communities.

Expand the Collective Palate



05 Bountiful Feast

There are never too many cooks.

Invite Essential Contributors to Share in the Responsibilities



06

Savoring Bites

Provide heaping servings of health equity.

Enough Servings for All



07 Dessert

No meal is complete without advocacy.

Rural Health Systems (and
Communities) Thrive When Stocked
with Quality Policy



Recipe for Generations



Feed Your Teams

- Level-up Communication
- Self-Care on the Menu
- Tell Stories to Retain & Recruit

Nourish Community

- Inspire Engagement
- Explain your Value
- Bake in Health Equity

Turn Up the Heat

- Increase the Appetite for Advocacy
- Break Bread & Barriers