



Are you at home
with the kids?



Today's featured CNIC
Webinar can help.



Tune in at 11 a.m. for
Teens and Tweens
During COVID-19





PLAY. OR WATCH.
Worldwide Online Tournaments
Starts May 15

navymwr.org/esports [twitch.tv/NavyMWR](https://www.twitch.tv/NavyMWR)

Sign up now to compete in the next Navy MWR ESPORTS Tournament.

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PLAN of the DAY
brought to you by Navy Region Northwest Fleet & Family Readiness (FFR)

MADDEN NFL
May 21 at 6 p.m. PST
May 22 at 3 p.m. PST

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Set out on a bike ride in
support of Navy Gold
Star Awareness Month.



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VIRTUAL

**CYCLE TO
REMEMBER**

*Paying tribute
to the fallen
and honoring
the families
left behind.*



It's as simple as 1-2-3!



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For details, visit
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