

MAY 18, 2020

navylifepnw
PLAN of the DAY

brought to you by Navy Region Northwest Fleet & Family Readiness (FFR)

VIRTUAL
CYCLE TO REMEMBER



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

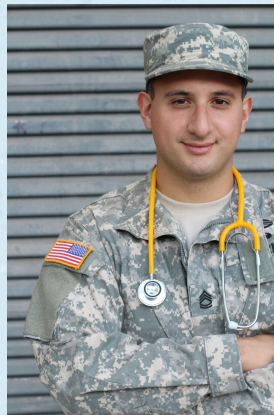
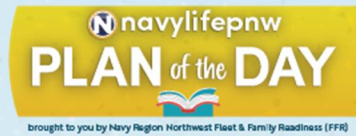


Join us all week as we
“Cycle to Remember”

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It's also NATIONAL EMS WEEK


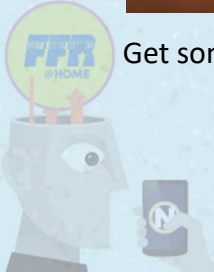


Thank a First Responder
Today!





Get some natural Vitamin D by going outside.




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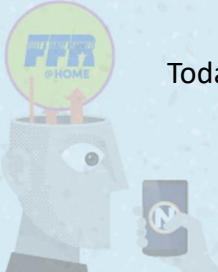
Take a walk or just sit on
your balcony or porch.



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Feeling frustrated?
Today's featured CNIC Webinar can help.



Tune into
Anger Management 101
at 10 a.m. PST



Or download our
on-demand
Breathing to Reduce Stress
Podcast



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