



Happy Thursday

THURSDAY
MAY 14, 2020



PLAN of the DAY

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



NAVY MWR ESPORTS

PLAY. OR WATCH.
Worldwide Online Tournaments

Starts May 15

navymwr.org/esports twitch.tv/NavyMWR



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



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Featuring Madden NFL 20
this Friday, May 15 at 3 p.m.

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**Are you up
for a physical challenge?**

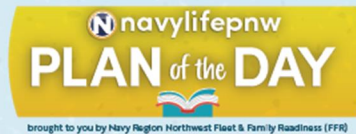


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Navy MWR Fitness has a weekend physical challenge for you!



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





VIRTUAL

CYCLE TO REMEMBER

UNITED STATES ARMY
SOLDIER PROGRAM

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

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




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**And tackle college with today's
CNIC Webinar ...**



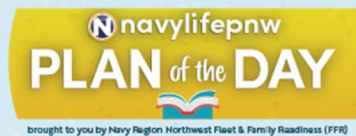
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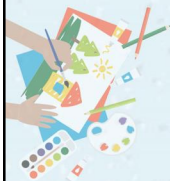
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Starting your College Journey!



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