



Resources

TODAY'S WORKOUT – If you're new to the Zumba craze, here's a great video to help get you started, contributed by our friends from NS Rota MWR. View the video from Rota's Facebook page [@RotaMWR](#).

WHAT'S COOKING? – Enjoy a great pasta meal from Chef Robert Irvine. The celebrity chef shares his baked ziti recipe, which is sure to delight the kids. View the full recipe on the [Defense Commissary Agency's website](#).

FAMILY RESOURCE – Tutor.com for U.S. Military Families program eligibility has been temporarily expanded by Military Community and Family Policy to help alleviate academic stress caused by COVID-19 disruptions. With the temporary program expansion, online tutoring and homework help is now available at no cost to any adult or child in a Department of Defense civilian or Active Duty, National Guard, Reserve or Wounded Warrior military family. Get started with a new or existing account at [tutor.com](#).

FLEET AND FAMILY SUPPORT RECOMMENDED PODCAST

Listen in for some of the practical aspects of preparing for deployment with this helpful 5-minute podcast. Visit our website at [navylifepnw.com/podcasts](#).