



It's game day for Madden
NFL 20. Esports tournament
starts at 6 p.m.





**NAVY MWR
ESPORTS**


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Register now to play! Watch live at **twitch.tv/NavyMWR.**

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Feeling stressed and looking for a calming technique?



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PODCASTS




Try the Breathing to Reduce Stress podcast.




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It's the last weekend of the Virtual Gold Star Bike to Remember.




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VIRTUAL

CYCLE TO REMEMBER

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



Finish strong!

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