



**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.*



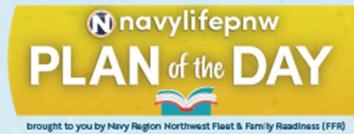
*Join us all week as we "Cycle to Remember"*

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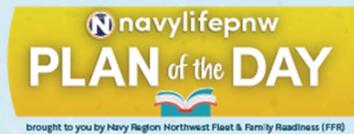
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# It's also NATIONAL EMS WEEK

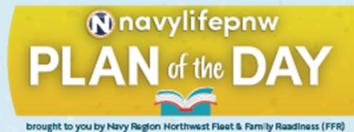


Thank a First Responder  
Today!

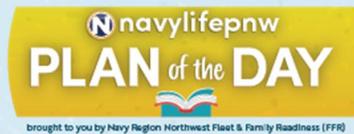




Get some natural Vitamin D by going outside.



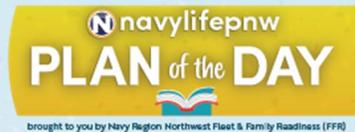
Take a walk or just sit on your balcony or porch.



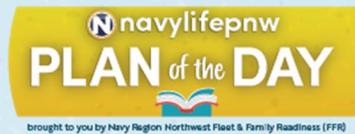


Feeling frustrated?

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



For details,  
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