



**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](http://navymwr.org/esports) [twitch.tv/NavyMWR](https://twitch.tv/NavyMWR)



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



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Starts May 15  
[navymwr.org/esports](http://navymwr.org/esports) [twitch.tv/NavyMWR](https://twitch.tv/NavyMWR)



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

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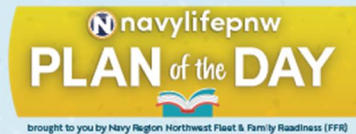
**Are you up  
for a physical challenge?**



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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 ...**



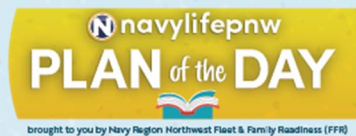
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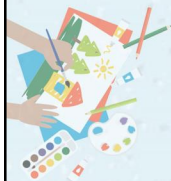




***Starting your College Journey!***



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For details,  
visit [navylifepnw.com](http://navylifepnw.com)



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