



**TUESDAY**  
**May 12, 2020**

 navylifepnw  
**PLAN of the DAY**

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




***Run a 5k by Friday, May 15,  
and earn a medal  
while supplies last!***

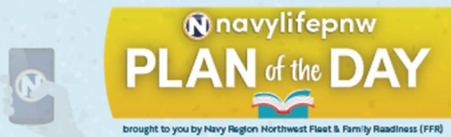
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**Attend a webinar today!**



**Choose from  
Spouse Certification  
Anger Management**






**The**  
Fleet & Family Support  
**Center**


**Or join the  
CNIC Ombudsman Assembly  
at 3 p.m.**



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***Transitioning out of military?  
Listen to the Podcast  
addressing COVID-19 concerns.***



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