From: The American Legion
To: Library Division
Subject: [EXTERNAL] - A virtual bestie for military wives
Date: Tuesday, December 3, 2024 8:37:04 AM

Jen Farrow and Kirst Navaroli share why they co-founded Wives of the Armed Forces and how they help other military spouses navigate the ups and downs of military life on the Tango Alpha Lima podcast.

A virtual bestie for military wives

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From: The American Legion
To: Library Division
Subject: [EXTERNAL] - 55 years of advocating for military families
Date: Tuesday, December 10, 2024 9:00:30 AM

The National Military Family Association shares efforts to improve military quality of life on the Tango Alpha Lima podcast.

55 years of advocating for military families

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From: The American Legion
To: Library Division
Subject: [EXTERNAL] - From heart disease to a healthy life
Date: Tuesday, December 17, 2024 9:04:22 AM

This week's Tango Alpha Lima podcast features Navy veteran and Legionnaire Kelley Gilberry, who shares his knowledge about overcoming heart disease and obesity.

From heart disease to a healthy life

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