

Workshops with Humana

Hosted by NAS Oceana's Fleet and Family Support Center EFMP Team
Presented by a Humana Military Health Systems Consultant

- **November 18th** Special Needs Briefing for Active Duty Family Members
Extended Care Health Option (ECHO)
- **December 16th** Transitioning from Active Duty to Retirement Briefing
- **January 13th** Mental Health Care Services Briefing

**Please join us Virtually on Wednesday's from
1400 – 1530**



Contact FFSC to Register
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(757) 433-2912

We hope to "see" you there!



EFMP Exceptional
Family Member
Program