

**Find military life confusing?**

**Air Force spouses are invited to learn what they need to know to survive & excel in a military environment!**

# **Heart Link**

***Your ticket to thriving in the military***

**Qtrly 1/2 day program; next one June 2010!**

**Yokota AB E' Club**

**Learn valuable tools to successfully adapt to the military lifestyle.**

- ✓ **Yokota's Mission**
- ✓ **Military protocol, traditions & jargons**
- ✓ **Pay, life insurance, benefits & more**
- ✓ **Meet the base helping agencies**

**FREE Training!**

**FREE Continental Breakfast!**

**FREE Gifts!**

**FREE Spouse Coin!**

**FREE Child Care Assistance!**

**Reservations Required: 225-8725**

**Airman & Family Readiness Center, Bldg. 535**