



www.instagram.com/nationalmfsus

We welcome submissions from anyone – any age!

Single Members! Spouses! Dependents! Teens! Empty Nesters! Pets! Kids!



#MFSUS



#OUTCAN



#CAFSpouse



#CAFFamily

Send your images and/or short videos, (less than 1 minute), along with how you want your photo(s) or videos credited, where you are currently located in the U.S., which branch of CAF service you are connected to, and any caption you would like included. MFSUS will feature them on our new Instagram page!

The email will serve as consent to use your images.

Send to:

Joanna Church
Virtual Program Developer MFSUS
mfs.virtual@cfmws.com