

Wounded Veterans Head to Lake Michigan for a Weekend of Water Sports and Fitness **Injured Service Members Will Enjoy a Week of Activities on the Water, August 12-15**

Chicago, Ill. (August 6, 2015) – Wounded Warrior Project® (WWP) returns to Lake Michigan with over 30 injured veterans and their families for five days of physical health and wellness events during the annual Chicago Air and Water Show.

During this event, participants will have the opportunity to participate in adaptive water sports, including sailing, paddle boarding, and kayaking, in addition to several other activities designed to promote physical wellness and engagement with their fellow warriors.

“According to our 2014 survey, over 82 percent of injured service members enrolled with WWP identify themselves as being either overweight or obese,” said Al Giordano, chief operating officer at WWP. “Events like these provide veterans with the opportunity to discover ways to regain a physically active and healthy lifestyle while also -engaging with their brothers and sisters in arms.”

The week kicks off with a welcome dinner on Wednesday, August 12, followed by two days of water based activities along the shores of Lake Michigan. On Thursday, August 13, participants will take part in a variety of water sports at the South Shore Cultural Center, including waterskiing and kayaking, followed by a fun day of sailing at the Judd Goldman Adaptive Sailing Center in Burham Harbor on Friday, August 14. The event culminates with the wounded veterans and their families being treated to a VIP view of the famed Chicago Air and Water Show on Saturday, August 15.

This event is offered as a part of the WWP Physical Health and Wellness program and offers injured service members the opportunity to discover ways to maintain an active and healthy lifestyle, while also providing them with an opportunity to engage with their families and fellow veterans.

About Wounded Warrior Project

The mission of Wounded Warrior Project® (WWP) is to honor and empower Wounded Warriors. WWP’s purpose is to raise awareness and to enlist the public’s aid for the needs of injured service members; to help injured servicemen and women aid and assist each other; and to provide unique, direct programs and services to meet their needs. WWP is a national nonpartisan organization headquartered in Jacksonville, Florida. To get involved and learn more, visit woundedwarriorproject.org.

<https://newsroom.woundedwarriorproject.org/2015-08-06-Wounded-Veterans-Head-to-Lake-Michigan-for-a-Weekend-of-Water-Sports-and-Fitness>