

WWP News & Media: Veteran Group Outings, Charity Events, Helping Vets

Families of Wounded Veterans Learn the Art of Candy Making **Gathering Encourages Family Bonding, Togetherness During the Holidays**

JACKSONVILLE, Fla. (December 31, 2015) – Families of wounded veterans recently learned a sweet lesson about how sugar, flavoring, and food coloring merge to create the perfect lollipop. Most importantly, they also learned how a candy-making class can provide the perfect setting to bond with old and new friends.

Wounded Warrior Project® (WWP) took more than a dozen family support members to Sweet Pete's, near city hall in downtown Jacksonville. WWP knows the important role family members play in an injured veteran's recovery. WWP also knows the stress family members can face as they help their loved one cope with the changes they are dealing with following a visible or invisible wound. Events like this lollipop making class can help provide family members with an opportunity to relieve stress and meet other family support members, which can help create a support structure.

"It's amazing how candy is made," Lymarie Medina said. Lymarie is a registered Family Support Member with Wounded Warrior Project. "It never would have crossed my mind how much work goes into a single lollipop. I learned a lot."

Lymarie helps her husband in his recovery from serious injuries suffered in Iraq; that means long days caring for her husband and their children. Outings help provide Lymarie with a much needed break and necessary encouragement.

"I got to enjoy the company of others who understand what our daily world is," Lymarie said.

Along with learning how to make lollipops, the group also enjoyed dinner at the Candy Apple Café, providing more time for the group to spend together.

"Just when I start to think I am alone, a group of strangers reminds me that I am not," Lymarie said. "It feels good to have that bond to laugh and talk to them, and not be judged. It is amazing."

WWP strives to meet the changing needs of the injured population we serve. More than 80 cents of every dollar raised goes to support wounded veterans. More than 23,000 injured service members responded to WWP's 2015 annual Alumni Survey, sharing insights into their challenges and successes. WWP uses that information to shape the lifesaving programs and services it provides at no cost to the warriors, caregivers, and families it serves. Read the survey, or download the executive summary at woundedwarriorproject.org/survey.

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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.

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