

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

Water Mania Sunday: WWP Alumni and Families Start New Tradition

MAPLE GROVE, Minn., April 5, 2016 /[PRNewswire-USNewswire](#)/ -- Summer is approaching, and with it comes a popular Alumni event offered to Wounded Warrior Project® (WWP) Alumni and their families. Seventy wounded service members and their family members spent Sunday afternoon swimming and socializing with other injured veteran families at the Venetian Waterpark, Holiday Inn Arbor Lakes in Maple Grove, Minnesota.

"It's a really great opportunity for families to connect," said Alison Anderson, WWP family support member. "It's a popular event among WWP families because it's a smaller venue, which makes it more personal. People are able to talk more and get better connected."

Sundays at the Waterpark is intended to bring families together, build stronger bonds within their support networks, and motivate family members to stay active with a fun activity. This event offered through the WWP Alumni program, one of 20 direct programs and services offered to injured service members, their caregivers, and families – free of charge. WWP provides wounded veterans with the opportunity to share their experiences with those who have endured similar challenges. In the healing and recovery process, these opportunities are essential.

"These types of events are really like a sigh of relief," said Alison who has attended other Alumni events that included family support members. "When you are around people who are going through the same stuff that your own family is dealing with, it just makes you feel more comfortable because you know they really understand. It creates a non-judgmental environment that is special and easy to enjoy"

Parents and children enjoyed a pizza lunch with a special desert – a cake with unique designs to help celebrate the first day of what could be a WWP family tradition. During the day of activities, WWP staff obtained referrals for various WWP programs, including the Physical Health and Wellness (PH&W) program. With year-round seasonal fitness, sporting, and exercise activities, PH&W programs help the healing process by getting warriors out the door, active, and engaged.

"We are relatively new to Wounded Warrior Project, but we have made some very close friends," said Alison. "That is such an important aspect of these events, having those friendships and building those bonds to help support each other – all while staying active."

In February alone, 905 wounded veterans participated in PH&W events.

<https://www.woundedwarriorproject.org/programs/physical-health-wellness>.

About Wounded Warrior Project

The mission of Wounded Warrior Project® (WWP) is to honor and empower Wounded Warriors. The WWP 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.

SOURCE Wounded Warrior Project

For further information: Vesta M. Anderson, Public Relations Coordinator,
vanderson@woundedwarriorproject.org, 904-646-6864

<https://newsroom.woundedwarriorproject.org/2016-04-05-Water-Mania-Sunday-WWP-Alumni-and-Families-Start-New-Tradition>