

## Wounded Veterans Hit the Field with Baltimore Ravens Trainers

BALTIMORE, April 7, 2016 /[PRNewswire-USNewswire](#)/ -- Red-seven, red-seven, hot-route! The Baltimore Ravens recently hosted a group of wounded veterans and their family members for a day of grid-iron training and fun, as part of the Wounded Warrior Project® (WWP) Physical Health and Wellness (PH&W) program.

Through PH&W programs, wounded veterans can reduce stress and depression while being empowered to live an overall healthy lifestyle by participating in fun, active, and educational activities. PH&W events are designed to show injured service members that regardless of their physical injuries, they can maintain an active way of life. From myofascial release and yoga instruction, training plans for running, and healthy cooking classes, the WWP PH&W program offers injured veterans a chance to discover healthier lifestyles in a variety of ways. Along with the health benefits associated with PH&W services, Alumni have the chance to bond with other wounded veterans and family support members.

"It was a great day," said Golden Olunkwa, a WWP Alumnus and Army veteran. "Coach John Harbaugh and several of the Baltimore Ravens players came out to meet us during the training session. The staff at the event really did a great job making this exciting and welcoming for everyone."

More than 100,000 wounded veterans, caregivers, and family members receive access to WWP's direct programs and services – at no cost. There are no membership fees or dues at WWP - those were paid by wearing the uniform and on the battlefield. For WWP, there is a distinct difference between members and Alumni; the term Alumni indicates a mutual shared experience and denotes your place in an organization was earned. It is for that reason that all WWP programs and services are offered to Alumni free of charge.

The attendees started the day with a tour of the Baltimore Ravens' Under Armour Performance Center, taking it all in and learning about the state-of-the-art facilities that the Ravens call home. After the tour, WWP Alumni hit the turf for an hour-long workout, led by staff at the Performance Center.

"The training was intense," said Golden. "It's great being around other veterans who know what you have been through. Being around that kind of camaraderie and teamwork really pushes you to do more and be better. Everyone was joking around and having a good time. When your fellow Alumni are cheering you on, it motivates you to keep going. I was sore by the time I got home, but that's how you know it was a good workout!"

Along with PH&W programs, WWP reaches out to wounded veterans with programs specifically dedicated to mental health and empowerment. Among those programs and services is Combat Stress Recovery Program (CSRP), which addresses the mental health and cognitive needs of wounded veterans returning from war. CSRP provides military rehabilitation services at key stages during an injured service member's readjustment process. While post-traumatic stress disorder (PTSD) and combat stress are common after war-time experiences, WWP approaches these issues from the veterans' perspective and challenges them to think about goal-setting and understanding their "new normal." In February 2016, WWP supported more than 2,500 Alumni as they journeyed to their new normal as part of nonprofit's commitment to mental wellness. To find out more about WWP's programs and services, please visit: <https://www.woundedwarriorproject.org/programs>.

## 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](http://woundedwarriorproject.org).

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