

## Wounded Warriors Leave the Fear of the Ocean Behind and Dive Right In!

LA JOLLA, Calif., June 1, 2016 /[PRNewswire-USNewswire](#)/ -- He was used to wearing camouflage, boots, and a combat utility uniform, but not a mask, fins, and a snorkel. "I had never been snorkeling," says U.S. Marine veteran Timothy Johnson. Wounded Warrior Project® (WWP) recently brought Timothy and other wounded warriors together for a front row seat to the vast variety of marine life in La Jolla, California.

"My son and I had a great time," says Timothy. "It helped us get over our fear of the ocean. My son even relaxed enough to take some photos of the underwater landscape."

If you were a fish, you would want to live in the warm waters of La Jolla, San Diego's "Jewel by the Sea." The aquatic paradise lives up to its nickname. Veterans and guests saw bright orange Garibaldi – the California state fish – seals, crabs, and countless other striking local sea life.

WWP equipped the Alumni with everything from the scuba gear to sunscreen, and snacks. "The instructors explained everything and made it fun," says Timothy, a WWP Alumnus. "I was able to relax and share experiences with other wounded veterans, sort of like a brotherhood. I knew if they could do it, I could do it."

Due to his tours in Iraq and Afghanistan, Timothy lives with post-traumatic stress disorder and a traumatic brain injury, which happened when he fell off a truck that ran over an improvised explosive device. "It knocked me out," says Timothy. "I didn't even know what happened until my fellow Marines told me." Timothy is learning to cope with his injury and he enjoys activities like the snorkeling event, which WWP offers free of charge to help wounded service members bond with other combat veterans.

### 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 <https://www.woundedwarriorproject.org/>.

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