

Wounded Warrior Project Veterans Hit Slopes at Pico Mountain

KILLINGTON, Vt., Feb. 17, 2017 /[PRNewswire-USNewswire](#)/ -- An abundance of snow and chilly temperatures could not keep Wounded Warrior Project® (WWP) veterans away from the slopes of Pico Mountain recently. Participants skied, rode snowboards, and enjoyed the benefits of getting out of the house and connecting with fellow service members.

Warriors and guests arrived at the mountain early, eager to obtain their equipment and conquer the snowy peaks. Many participants were beginners, so the bunny slope was busy throughout the day. Only an afternoon trip to the Slopeside Grill for lunch interrupted the action.

"I enjoy spending time outdoors with my family and friends," said Army veteran Cheryl Tennant. "And best of all, these gatherings give me the chance to socialize with other veterans in my area."

These connection activities support the recovery needs of warriors by reintroducing them and their families to the bonds experienced during military service. In a [WWP survey](#) of the injured warriors it serves, more than half of survey respondents (51.7 percent) talked with fellow veterans to address their mental health issues.

"I don't live near an active duty post, so events like this are what keeps me connected to other veterans," Cheryl said. "Now I don't feel as alone. Getting out of the military after 20 years is hard, but Wounded Warrior Project makes it a little easier. It helps knowing others are going through the same things as me and understand those challenges."

Throughout the day, WWP staff advised warriors of additional services to assist in their recoveries. WWP offers a variety of programs and services that help injured veterans with mental health, physical health and wellness, career and benefits counseling, and connecting with other warriors and their communities. Generous donors make it possible for wounded warriors to take part in outreach activities and benefit from program resources at no cost to them.

"Wounded Warrior Project has shown me that I have a network I can always reach out to if I need assistance," Cheryl said.

To learn and see more about how WWP's programs and services connect, serve, and empower wounded warriors, visit <https://newsroom.woundedwarriorproject.org/>, and click on multimedia.

About Wounded Warrior Project

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors.

SOURCE Wounded Warrior Project

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