

## Wounded Warrior Project Veterans Watch Penguins Take Down Predators

PITTSBURGH, March 6, 2017 /[PRNewswire-USNewswire](#)/ -- Pittsburgh hockey is on another level when it comes to being competitive. That is what Wounded Warrior Project® (WWP) veterans discovered during a recent Penguins game against the Nashville Predators, where they connected over a mutual love for sports and their shared military experiences.

Veterans and their guests rallied at the Pittsburgh WWP office for a pre-game barbecue meal. Once the last rib bone was picked clean, the group headed to catch the action on the ice. Captain Sidney Crosby and his crew did not disappoint – the Penguins racked up a 4-2 victory over Nashville.

"I had the best time catching the hockey game live," said Navy veteran Timothy Kelly. "Connecting with other warriors and just being in the moment was a real treat. It was a big step for me, considering I usually do not leave my house to do stuff like this."

Timothy faces the daily challenge of living with severe post-traumatic stress disorder. While public outings are sometimes daunting, he said WWP has given him the confidence to get out into the community and enjoy himself in a safe environment.

"Once I was around my fellow warriors, all the anxiety seemed to go away," he said. "There were no threats, nothing to alarm me – just the pleasure of watching the hockey game with people who understand me."

These connection activities support the long-term recovery needs of warriors by reintroducing them and their families to the unique 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.

Before the game, staff members informed warriors about additional programs and services to assist in their recovery processes. WWP programs help injured veterans with mental health, physical health and wellness, career and benefits counseling, and connecting with other warriors. Generous donors make it possible for wounded warriors to take part in outreach activities and benefit from program resources at no cost to them.

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

### About Wounded Warrior Project

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

SOURCE Wounded Warrior Project

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<https://newsroom.woundedwarriorproject.org/2017-03-06-Wounded-Warrior-Project-Veterans-Watch-Penguins->

