

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

## Wounded Warrior Project Peer Support Group Bowls with Team Red, White, & Blue

FORT WALTON BEACH, Fla., April 6, 2017 /[PRNewswire-USNewswire](#)/ -- Wounded Warrior Project® (WWP) Peer Support Group members recently took part in some friendly competition with Team Red, White, & Blue during a bowling gathering. Through strikes and gutter balls, injured veterans experienced what is possible at events that get them out of the house and connect them with fellow service members and their communities.

With the spirit of camaraderie present, it was easy for the groups to share benefits of each participating organization. WWP's [Peer Support](#) program empowers injured veterans to support one another in a local community environment. Team Red, White, & Blue's mission is to improve the quality of life for veterans through social and physical activity.

"I'm part of the Peer Support Group here at Fort Walton," said Air Force veteran James Ciampini. "When I first registered with Wounded Warrior Project, I was very introverted and uneasy around people. I have definitely come a long way since then. I find myself looking forward to upcoming events – and meeting more warriors like myself."

These connection activities support the recovery needs of warriors by reintroducing them 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, and 29.6 percent expressed physical activity helps.

"Wounded Warrior Project lets us help our fellow warriors, and it allows us to do things we would not normally do on our own," James said.

Thanks to generous donors, WWP programs and services are offered free of charge to warriors, their caregivers, and families, and they assist with mental health, physical health and wellness, career and benefits counseling, connecting warriors with one another and their communities, and long-term care for the most seriously wounded.

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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Additional assets available online: [Photos \(1\)](#)

<https://newsroom.woundedwarriorproject.org/2017-04-06-Wounded-Warrior-Project-Peer-Support-Group-Bowls-with-Team-Red-White-Blue>