

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

Veterans Experience Havana Cuisine With Wounded Warrior Project

MIAMI, Sept. 20, 2017 /[PRNewswire-USNewswire](#)/ -- The flavors of Havana captured South Florida veterans during a recent Wounded Warrior Project® (WWP) event. Local warriors and their family members put their taste buds to work during a food tour. While most tours offer a unique experience for attendees, events like these mean so much more to warriors.

The Little Havana Food and Walking tour took guests through the historic neighborhood to enjoy food, music, and area artists. Warriors also got to visit Maximo Gomez "Domino" Park, a well-known Miami landmark.

Debra Roberts, a Navy veteran who served in Operation Enduring Freedom and Operation Iraqi Freedom, was one of the warriors who attended the event. While Debra said she learned a lot about local history and tasted some good food from Miami's Little Havana neighborhood, the highlight of the event for her was just getting out of the house.

"Wounded Warrior Project means so much to me. Otherwise, I wouldn't likely leave the house. I don't like to do things alone and need the motivation to get out."

Participating in activities like the food tour can help injured warriors not only socialize with other veterans but cope with stress and emotional concerns as well. In a recent WWP survey of the injured warriors it serves, 29.6 percent expressed that physical activity helps address their mental health issues.

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 <http://newsroom.woundedwarriorproject.org>, and click on multimedia.

About Wounded Warrior Project

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors. Read more at <http://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

For further information: Rob Louis - Public Relations, Email: rlouis@woundedwarriorproject.org; or Phone: 904.627.0432

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

<https://newsroom.woundedwarriorproject.org/2017-09-20-Veterans-Experience-Havana-Cuisine-With-Wounded-Warrior-Project>