

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

Warriors, Families Connect While Ice Skating in Winter Wonderland

GRAND JUNCTION, Colo., Feb. 16, 2018 /[PRNewswire-USNewswire](#)/ -- Wounded Warrior Project® (WWP) invited injured veterans and their guests to ice skate in a winter wonderland for exercise and quality family time.

"Ice skating at the rink gave me a chance to spend some time with my family and take part in one of Wounded Warrior Project's amazing programs," said Army veteran Tyson Weiss. "Watching my son ride the Zamboni is something I'll never forget, and neither will he."

Activities like ice skating and socializing with other veterans can help injured warriors cope with stress and emotional concerns. In a WWP [survey](#) of the injured warriors it serves, more than half of survey respondents (51.6 percent) expressed they talk with fellow veterans to address their mental health issues, and 30.3 percent indicated physical activity helps.

"I met a couple from Grand Junction while ice skating," Tyson said. "We exchanged numbers and plan to get together in the future. The families from Denver and Colorado Springs were very nice as well. Wounded Warrior Project staff members were supportive and took time to talk with us and get to know us."

Social isolation is one of the most significant struggles wounded warriors deal with after serving their country. It can be difficult knowing how to overcome that challenge and rekindle bonds like those formed in the military. Connecting with fellow service members and people in their community minimizes isolation and creates a support structure during the healing process.

After the day's activities, veterans and families gathered to relax, talk, and snack on cookies and hot cocoa. Bonding with family and others can aid in a warrior's recovery.

"Wounded Warrior Project is a great organization that supports me and my armed service brothers and sisters," Tyson said. "They have great resources that I plan on utilizing. I'm proud to be part of a great organization and look forward to assisting any way I can."

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

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