

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

Families of Wounded Veterans Learn New Meals for the Table

Wounded Warrior Project Serves Up Fun Through Nutrition

DALLAS, Feb. 5, 2016 /[PRNewswire-USNewswire](#)/ -- A three-course meal, and an opportunity to bond with other families of wounded veterans. Wounded Warrior Project® (WWP) served up a lesson in camaraderie and healthy eating in Dallas recently for a group of Alumni and their caregivers.

Wounded Warrior Project® (WWP) works to provide experiences that highlight camaraderie among wounded veterans. The support these social gatherings provide is integral in the recovery of injured service members. Shared experiences, like the Dallas cooking class, help injured service members focus on physical health and wellness and build a personalized network of support. WWP offers 20 free programs and services to help wounded veterans in their recovery.

Participants in this cooking class prepared a variety of savory dishes and a sweet treat: fancy spinach salad, New York strip steak, potato and bacon tart, and chocolate raspberry soufflé.

Family support members Elyzabeth Worlein and Camille Semprun were delighted by the inclusive nature of the class. Being around other caregivers planted seeds for lifetime connections.

"Cooking and chatting with the other caregivers was one of the highlights for me. It was lovely and interesting to talk to and get to know other family support members," Camille said. Elyzabeth agreed: "I met new family support members who all seemed to have different situations and backgrounds. Since I've been with WWP, it's been about connecting with other WWP families."

Thanks to a fun, engaging chef instructor who encouraged hands-on learning, participants acquired new cooking techniques and are now equipped with new recipes to take home to their families.

Christa Rogers, a family support member and cooking enthusiast, was thankful for the chance to relax away from the ever-present challenges of being a caregiver. "It is so nice to get a break from the daily struggles and be around other people who deal with the same issues. I got a chance to socialize with other veteran wives, laugh, and walk away feeling renewed!" Christa added, "We even discussed future events to come together again as a support group."

Brittany Waites, also a family support member, shares Christa's passion for cooking. Both got the chance to test out new equipment.

"I learned different cooking techniques and I picked up a few new items for my kitchen as well. These were items we used in the class," Brittany said.

One of the items was a cooking torch, which Christa had always wanted to learn how to master. "I learned how to use it for the first time. Chef Kat allowed me to try it out and gave me a quick tutorial on it."

Christa, Brittany, Elyzabeth, and Camille all agreed that one of the most refreshing things about the class was its supportive, judgment-free atmosphere. Having a space to share their experiences is necessary for their role as caregivers.

WWP's Physical Health and Wellness program is dedicated to creating impactful programs for warriors, families, and caregivers that improve physical health and lead to positive, active lifestyles. Through high-touch, high-quality programs and events, injured service members, their families, and caregivers can establish and strengthen well-being habits and routines that aid in their healing.

About Wounded Warrior Project

The mission of Wounded Warrior Project® (WWP) is to honor and empower Wounded Warriors. WWP's purpose is to raise awareness and to enlist the public's aid for the needs of injured service members, to help injured servicemen and women aid and assist each other, and to provide unique, direct programs and services to meet their needs. WWP is a national, nonpartisan organization headquartered in Jacksonville, Florida. To get involved and learn more, visit woundedwarriorproject.org.

Photo - <http://photos.prnewswire.com/prnh/20160205/330262>

Photo - <http://photos.prnewswire.com/prnh/20160205/330263>

SOURCE Wounded Warrior Project

For further information: Mattison Brooks - Public Relations Specialist, Email: mbrooks@woundedwarriorproject.org, Phone: 904.451.5590

Additional assets available online: [Photos \(2\)](#)

<https://newsroom.woundedwarriorproject.org/2016-02-05-Families-of-Wounded-Veterans-Learn-New-Meals-for-the-Table>