

Wounded Veterans Draw, Aim, and Release for the Bullseye

Day of Archery Training Brings Wounded Warrior Project Alumni Closer Together

SAN LEANDRO, Calif., March 25, 2016 /PRNewswire-USNewswire/ -- Channeling their inner Robin Hoods and Katniss Everdeens, Wounded Warrior Project® (WWP) Alumni recently assembled for a day of archery practice and camaraderie. The event was organized by WWP as part of its Alumni program, one of the 20 direct programs and services the nonprofit offers to the more than 100,000 wounded veterans, caregivers, and families that it serves, free of charge.

At the archery range participants were taught the proper techniques of drawing a bow including hand, finger, and foot placement and aiming techniques. While the Alumni shot, instructors provided coaching and feedback.

"It's not something I had ever done before, so I was out of my comfort zone right away," said Army veteran and WWP Alumnus Sebastian Trask. "It was a challenge for me, but the staff were very organized and they gave us great instruction on technique. The trick was to not try and hit the bulls-eye, but to develop a shot pattern and then move that closer and closer to the target."

By bringing injured veterans together, WWP Alumni events create support and camaraderie through shared experiences and the growth of new friendships. Bonding at these events lets injured veterans know they are not alone.

"The Alumni at the event were people I had never met before," Sebastian said. "But everyone was quick to break the ice and enjoy the day with each other. It was a small group, so there was a closeness we were able to enjoy that might have been missing if the group overly large. Everyone who attended the event encouraged each other as we stepped up to shoot."

While it was the first time he had ever stepped onto an archery range, Sebastian says he hopes it won't be the last. "Although this was a new experience for me, I had an amazing day. I've only gone on a few WWP outings, but I plan to continue taking advantage of the opportunities presented through their programs and services. Sometimes an afternoon outing like this can make a huge difference for us veterans."

Archery is one example of how injured service members can achieve a healthy and active lifestyle. Through WWP's Physical Health and Wellness (PH&W) programs, wounded veterans can reduce stress and depression, while being empowered to live an overall healthy lifestyle by participating in fun, active, and educational activities. PH&W events are designed to show wounded service members that regardless of their physical injuries, they can maintain an active way of life. From myofascial release and yoga instruction, training plans for running, and healthy cooking classes, PH&W events offer injured veterans a chance to discover healthier lifestyles in a variety of ways. Along with the health benefits associated with PH&W services, Alumni have the chance to bond with other wounded veterans and family support members. In February 2016 alone, 905 WWP Alumni got their blood pumping at a PH&W program event. To learn more about PH&W programs and events, please visit:

<http://www.woundedwarriorproject.org/programs/physical-health-wellness.aspx>.

Since being founded in 2003, WWP has evolved its programs and services to meet the growing needs of the constituency it serves. Through a high-touch and interactive approach, the WWP vision is to foster the

most successful, well-adjusted generation of wounded service members in our nation's history.

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.

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<https://newsroom.woundedwarriorproject.org/2016-03-25-Wounded-Veterans-Draw-Aim-and-Release-for-the-Bullseye>