

Big Bowling Fun in the Little Apple

MANHATTAN, Kan., April 14, 2016 /PRNewswire-USNewswire/ -- More than 40 injured veterans and their family support members learned the importance of creating strong relationships during a Wounded Warrior Project® (WWP) open bowling event at Little Apple Lanes in Manhattan, Kansas.

"These events let me know that I am not the only one out there suffering," said U.S. Army injured veteran and WWP Alumnus Daniel Benally. "It gave us a safe and fun environment to spend time with our family and other wounded warriors – like we were just friends out bowling. For a couple of hours, we were able to let go of our worries by being with our brothers and sisters in arms, and just be free."

This event was offered as part of the WWP Alumni program, which provides long-term support and camaraderie for wounded veterans through sporting events, outdoor and recreational activities, and educational sessions. During these events, WWP staff is able to interact with attendees, informing them of the 20 free programs and services that directly impact wounded service members, their families, and caregivers.

"The interaction with others during these events is awesome," said Daniel, who has participated in similar events through the WWP Physical Health and Wellness (PH&W) program, which is dedicated to reducing injured veteran stress and depression, while empowering them to live a healthy lifestyle by participating in fun, active, and educational activities. "I realize I can still hang out and enjoy the company of others; that I don't have to isolate myself and just be alone."

After the initial program brief, injured veterans and family support members were able to step out of their comfort zones and into the lanes to bowl with other families who have endured the same struggles through their journey toward recovery. After the day of activities, Alumni and their families enjoyed pizza and soda together.

Daniel and his family are among the more than 100,000 injured warriors of this generation, along with their families and caregivers, receiving comprehensive services that help with physical rehabilitation, aid in their mental and emotional recovery, assist them to achieve their educational and employment goals, and help them maintain their independence, staying connected with their families, their communities, and each other.

"I feel that without Wounded Warrior Project in my life, I would probably not be alive," said Daniel. "They have done so much for me and my family. I can't express how wonderful and caring the staff is – they go the extra mile when you need it and are always available if you just need to talk. WWP has empowered me to find joy and purpose in life again, and not to dwell so much in the past."

In February 2016, more than 900 WWP Alumni participated in a PH&W event. To learn more about PH&W programs and events, please visit: <http://www.woundedwarriorproject.org/programs/physical-health-wellness.aspx>.

About Wounded Warrior Project

The mission of Wounded Warrior Project® (WWP) is to honor and empower Wounded Warriors. The WWP 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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