

# Wounded Veterans and Their Spouses Color an Evening with Painting and Dinner

AIKEN, S.C., April 19, 2016 /[PRNewswire-USNewswire](#)/ -- Injured service members and their mates deserve a break from the stress of daily life. Wounded Warrior Project® (WWP) recently hosted Alumni and family support members for an evening of painting and dinner that encouraged attendees to enjoy the play of exploring their artistic sides, while bonding with other injured veterans in their area.

The WWP Alumni program is one of 20 free, direct programs and services offered to wounded veterans and their families. One aim of WWP is to provide injured service members with the opportunity for bonding and camaraderie, so they can build personalized support systems with those who share similar experiences and challenges in the transition process.

Family support member Jaime Dowd enjoyed the couples outing. The intimate setting, delicious dinner, and friendly staff made for a wonderful date night.

"We had fun. I learned some painting techniques, and the instructor leading the class helped us customize our paintings. She was really nice," Jaime said. She and her spouse relished the chance to fan the creative spark during the evening.

For successful healing and recovery, these opportunities for bonding are essential. Art therapy is a unique way for Alumni and their mates to relax while exploring new avenues for stress management. Having the freedom to create art without the pressures of perfection or competition can give wounded veterans another tool for coping with the challenges of post-military life.

In addition to the emotional support offered by these Alumni gatherings, WWP focuses on the complete recovery of wounded service members through the Physical Health and Wellness (PH&W) program. PH&W enriches the lives of wounded veterans by promoting an overall healthy and active lifestyle. Participation in fun, educational activities that reduce stress and cope with depression is vital for healing this generation's combat veterans. PH&W has something to offer warriors in every stage of recovery.

Included under the PH&W program is Soldier Ride®, a unique four-day event that uses cycling to emphasize unity—rather than competition—among wounded veterans to overcome physical, mental, or emotional wounds. The rides, which are open to injured service members of all ability levels, help warriors gain confidence.

In February 2016 alone, the PH&W program served 905 WWP Alumni and their families. For more information about the PH&W program and upcoming Soldier Ride Community Rides, go to: <https://www.woundedwarriorproject.org/programs/physical-health-wellness.aspx>.


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](http://woundedwarriorproject.org).

Logo - <http://photos.prnewswire.com/prnh/20160405/351619LOGO>

SOURCE Wounded Warrior Project

For further information: Lazjee' C. Lyles - Public Relations Coordinator, Email: [llyles@woundedwarriorproject.org](mailto:llyles@woundedwarriorproject.org), Phone: 904.405.1137

---

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

<https://newsroom.woundedwarriorproject.org/2016-04-19-Wounded-Veterans-and-Their-Spouses-Color-an-Evening-with-Painting-and-Dinner>