

Veterans Sail Away to See Beautiful Connecticut Views

Wounded Warrior Project Provides Opportunity for Socialization and Relaxation

MYSTIC, Conn., July 18, 2016 /[PRNewswire-USNewswire](#)/ -- On a perfect-weather day, injured warriors took in stunning scenery during a Wounded Warrior Project® (WWP) sailing trip through the Long Island Sound. The experience gave veterans a chance to get some fresh air while socializing and healing with fellow service members.

"One of the things I enjoyed most about this program event was the opportunity to be with other warriors and warrior families," said Ryan Hinton, Army National Guard. "There's something unique about the friendships veterans have with each other. They can be very healing."

Connecting people is just one of the many benefits WWP provides injured warriors. Other programs are empowering and bring personalized mental and physical growth. Gatherings like this give veterans the chance to learn about all the free opportunities with WWP as they get out of their homes to socialize and forge bonds that can strengthen a recovery.

The trip lasted three and a half hours and allowed the participants to see a range of natural beauty around the Mystic area. The salt spray and sounds of the water provided a sense of calm and relaxation that reached many warriors on the boat.

"We were able to see much of the Mystic seaport and Fishers Island as we sailed," Ryan said. "There's something very timeless about sailing and being out on the water. Having that opportunity to disconnect from our busy lives for a few hours was a much-needed break from a normal work day."

In addition to enjoying nice views, the participants also enjoyed a delicious lunch provided by WWP. The camaraderie created through these programs helps remind warriors they are not alone. Isolation is one of the most significant struggles wounded warriors deal with after serving their country. Sometimes it can be difficult knowing how to get past that and rekindle bonds similar to those formed in the military.

"It's easy to think that you're alone when returning to civilian life," Ryan said. "But just because it feels lonely, doesn't mean you are alone, and events like this help me to remember that. There are others out there just like me who are trying to make their way, and I know there's a support system for me if I need it."

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.

SOURCE Wounded Warrior Project

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