

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

## Veterans Take Sightseeing Journey with Wounded Warrior Project

SARATOGA SPRINGS, N.Y., Aug. 2, 2016 /[PRNewswire-USNewswire](#)/ -- Transported back to a simpler time, a group of injured warriors recently enjoyed a scenic train ride through small towns with Wounded Warrior Project® (WWP) as they connected with other wounded veterans in their area.

"Being around nature is something that just relaxes me," said Air Force Reserve veteran Shirley Holbrook.

"Being with other warriors who understand what I've been through helped me to feel calm."

The train ride, which stopped in Saratoga Springs and North Creek, provided a relaxing opportunity for warriors to experience small-town living with a gorgeous natural backdrop. Shirley even found a space for her service dog to play when the group stopped in an area by the Hudson River.

"The landscapes were nearly indescribable," Shirley said. "There was greenery everywhere. The sun was shining, and rays of light peeked through the trees. We saw so many different birds on the trip – blue herons, eagles. The wildlife was just incredible."

When surrounded by such inspiring views, it's only natural to form a bond with others who are sharing the experience. Isolation is often a struggle for wounded warriors after serving their country. Sometimes it is difficult to replicate the spirit of unity and purpose that military life provided, but gatherings like this allow veterans to rekindle those bonds.

"I spent time talking with the spouse of a wounded warrior, and she told me about what she's going through with her husband," Shirley said. "It's great getting this opportunity to talk about feelings because often you think you're the only one enduring something, but then when you connect with others you realize you're not alone."

In addition to getting to know each other, veterans had an opportunity to find out about other WWP programs that can benefit their healing process. WWP programs are personalized to enable warriors, caregivers, and family members to reach educational and employment goals, and recover physically, mentally, and emotionally. Thanks to generous donors, these programs are free for a lifetime to those WWP serves.

### **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](http://woundedwarriorproject.org).

SOURCE Wounded Warrior Project

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