

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

Wounded Warrior Project Veterans Unite to Be Selfless in Seattle for Day of Service

SEATTLE, Sept. 28, 2016 /[PRNewswire-USNewswire](#)/ -- A group of injured veterans recently joined Wounded Warrior Project® (WWP) and The Mission Continues for a day of generous service in Seattle. The outreach event was part of a nationwide initiative to give back to communities.

Volunteers spent the afternoon performing a wide variety of tasks around town, including mulching, weeding, graffiti removal, and curbside cleanup. The team of wounded warriors also constructed wooden planter boxes to assist with neighborhood beautification efforts.

"This outing was perfect for me because I wanted to work with other injured veterans and help beautify the Rainier Beach pathway," said Army veteran Lucretia Camacho. "I was even able to bring my kids along to participate, which was great. It's extremely important for us to help out communities that are in need."

Over the course of the day, WWP staff assisted the injured warriors and advised them of additional services and personalized therapeutic outlets to help their recoveries.

Activities that get wounded veterans moving and socializing with others can help them cope with stress and depression. In a WWP survey of the injured warriors it serves, nearly 47 percent said getting engaged with other warriors boosts their ability to manage their mental health, and 32 percent shared that getting involved in a physical activity helps them feel better.

"I enjoy the camaraderie that Wounded Warrior Project provides," said Navy veteran Warren Sole. "It reminds me of my time in the military. Events like this promote healing for many disabilities and injuries. It puts us on a common ground – for a common good."

WWP program gatherings offer opportunities for injured veterans to form bonds in settings that accommodate their injuries and social anxieties. The programs are personalized to encourage warriors, caregivers, and family members to reach educational and employment goals while supporting physical, mental, and emotional recovery. Thanks to the generosity of supporters and donors, these activities are free of charge to the warriors WWP serves.

"I get involved as much as possible because I enjoy having a friendly face and helping hand to aid in my personal recovery," Warren said. "I try to participate in everything from volunteer projects to physical health and wellness activities."

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.

Photo - <http://photos.prnewswire.com/prnh/20160928/412966>

Photo - <http://photos.prnewswire.com/prnh/20160928/412967>

SOURCE Wounded Warrior Project

For further information: Mattison Brooks - Public Relations Specialist,
mbrooks@woundedwarriorproject.org, 904-451-5590

Additional assets available online: [Photos \(2\)](#)

<https://newsroom.woundedwarriorproject.org/2016-09-28-Wounded-Warrior-Project-Veterans-Unite-to-Be-Selfless-in-Seattle-for-Day-of-Service>