

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

## Veterans Horse Around at Quantum Leap Farm with Wounded Warrior Project

ODESSA, Fla., Dec. 5, 2016 [/PRNewswire-USNewswire/](#) -- More than 70 injured veterans and family members enjoyed a day of fresh air, horses, and fun during a recent Wounded Warrior Project® (WWP) outing to Quantum Leap Farm in Odessa. Participants enjoyed a variety of outdoor activities while experiencing firsthand what is possible when exposed to social events that get them out of the house and engaged with fellow warriors.

Twice a year, warriors have the opportunity to attend the Family Fun Day on the Farm program event. The farm specializes in equine therapy for adults and children with physical or mental health challenges or who are working toward recovery. During these special gatherings, warriors and families get the run of the farm for the day – enjoying pony rides, face painting, and even chasing chickens.

"My kids and I attended this event last year, and we really liked it," said Marine veteran Esteban Martinez. "My kids love all the animals. Plus, it's important to do things where you and your family can interact with other warriors."

Outreach gatherings like the day on the farm support long-term recovery needs of warriors by reintroducing them to the unique bonds experienced during military service. These connections prevent social isolation, which can be detrimental to a warrior's recovery.

"It is always good to talk to people who are like you," said warrior spouse Christine Woerner, whose husband is a retired Army veteran. "That's why my husband and I try to participate in as many Wounded Warrior Project events as we can."

In a [WWP survey](#) of the injured warriors it serves, more than half of survey respondents (51.7 percent) talked with fellow Operation Enduring Freedom, Operation Iraqi Freedom, or Operation New Dawn veterans to address their mental health issues.

WWP staff members closely interacted with attendees throughout the day, providing warriors with more personalized therapeutic outlets and advising them of additional services to assist in their recoveries. These program resources are offered to wounded warriors free of charge thanks to generous donors. Programs assist injured veterans with mental health, physical health and wellness, career and benefits counseling, and connecting with other warriors and their communities.

To learn more about how WWP's programs and services are making an impact on the lives of wounded warriors, visit <http://newsroom.woundedwarriorproject.org/>. To find photos from this event, click on multimedia, then images, then the warrior connection and outreach section.

## **About Wounded Warrior Project**

### **We Connect, Serve, and Empower**

The mission of Wounded Warrior Project<sup>®</sup> (WWP) is to honor and empower Wounded Warriors. WWP connects wounded warriors and their families to valuable resources and one another, serves them through a variety of free programs and services, and empowers them to live life on their own terms. 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: Rob Louis - Public Relations, Email: [RLouis@woundedwarriorproject.org](mailto:RLouis@woundedwarriorproject.org), Phone: 904.627.0432

---

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

<https://newsroom.woundedwarriorproject.org/2016-12-05-Veterans-Horse-Around-at-Quantum-Leap-Farm-with-Wounded-Warrior-Project>