

Veterans Go Under the Sea with Wounded Warrior Project

KEY LARGO, Fla., Jan. 11, 2017 /[PRNewswire-USNewswire](#)/ -- A group of injured veterans and family members had a front row seat to view the Florida Keys wildlife during a recent Wounded Warrior Project® (WWP) snorkeling excursion. As they explored natural coral reefs, warriors experienced firsthand what is possible at social events that connect them with fellow service members in their community.

"My wife and I love snorkeling, and I was looking forward to meeting new warriors," said Army veteran Anthony Sanchez. "That was the best part – talking with my military buddies and sharing the experience of snorkeling with them."

Isolation is one of the most significant struggles wounded warriors deal with after serving their country, and it can be difficult knowing how to overcome that challenge. Connection activities like this support the long-term recovery needs of warriors by reintroducing them and their families to the unique bonds experienced during military service.

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.

"These outings strengthen our local community of veterans," Anthony said. "Wounded Warrior Project has given me the opportunity to meet and make friends with some of the best people I have ever met. It's great to know that there are always brothers to have your back, and vice versa."

Staff members closely interacted with attendees throughout the afternoon, providing warriors with personalized therapeutic outlets and advising them of additional services to assist in their recovery processes. WWP offers a variety of programs and services that assist injured veterans with mental health, physical health and wellness, career and benefits counseling, and connecting with other warriors and their communities. Generous donors make it possible for wounded warriors to take part in [outreach activities](#) and benefit from program resources at no cost to them.

To learn more about how WWP's programs and services connect, serve, and empower wounded warriors, visit <https://newsroom.woundedwarriorproject.org/>.

About Wounded Warrior Project

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors. Read more at <https://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

For further information: Rob Louis - Public Relations Specialist, Email: RLouis@woundedwarriorproject.org, Phone: 904.627.0432

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