

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

## Wounded Warrior Project Connects Veterans with Unique Ways to Recover During Soldier Ride

MIAMI and KEY WEST, Fla., Jan. 18, 2017 /[PRNewswire-USNewswire](#)/ -- A group of injured veterans served by Wounded Warrior Project® (WWP) recently rode 56 miles during Soldier Ride® in Miami and Key West. Throughout the four-day gathering, warriors discovered [Soldier Ride](#) is more than a cycling event – it is a chance to heal their bodies and minds through experiences that connect them to their fellow service members.

Army veteran Natalie Charles said the chance to have fun with other like-minded veterans helped her form connections that are free of judgments.

"Their experiences are your experiences, so you can talk about it with those warriors," she said. "Other veterans understand what civilians don't, and it makes connecting much easier."

For many, Soldier Ride is the first time during their healing process that they venture out of their homes to connect with the community. Many wounded veterans face similar challenges with isolation when transitioning to civilian life, and gatherings like this offer a chance to bond with other warriors and learn they are not alone.

The bicycle ride wasn't the only thing planned for the injured veterans; they also enjoyed a trip to Jungle Island, a zoological park, to participate in a dolphin swim. More than two dozen veterans participated in the swim, including Army veteran Kim DeFiori, who found a way to connect with the marine mammals in a way she didn't think she could.

"They were such social animals and fun to be around," she said. "It was an incredible experience – peaceful and surreal at the same time. It really allowed me to relax and just live in that moment. That can be tough sometimes because of my injuries, but this event allowed me to have that opportunity."

To read more about Nikki's story, visit <https://newsroom.woundedwarriorproject.org/Wounded-Warrior-Project-Connects-Veterans-with-Unique-Ways-to-Recover-During-Soldier-Ride>. To learn more about how WWP connects, serves, and empowers through programs and services that impact the lives of wounded warriors, visit <https://newsroom.woundedwarriorproject.org/>. To find photos from this event, click on multimedia, then images.

**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

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

<https://newsroom.woundedwarriorproject.org/2017-01-18-Wounded-Warrior-Project-Connects-Veterans-with-Unique-Ways-to-Recover-During-Soldier-Ride>