

## Veterans Zip Across the Sky with Wounded Warrior Project

COCOA BEACH, Fla., Feb. 9, 2017 /[PRNewswire-USNewswire](#)/ -- Injured veterans and guests tested their nerves, skills, and balance during a recent Wounded Warrior Project® (WWP) outing to Cocoa Beach Aerial Adventures zip line and ropes course. As they made their way over high bridges and climbed rope web obstacles, participants experienced firsthand what is possible at connection events that get them out of the house and connected with fellow service members.

"Gatherings like this allow me to venture out of the house and relax – even on my worst days," said Navy veteran Katherine Diaz. "I love team-building and having the chance to connect with other veterans. Being part of Wounded Warrior Project gives me hope and shows me I matter."

These connection activities support the recovery needs of warriors by reintroducing them to the 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 veterans to address their mental health issues, and 29.6 percent expressed physical activity helps.

Navy veteran Rebecca Benton was eager to tackle the ropes course, as she recently participated in similar exercises during a WWP [multi-day mental health workshop](#).

"The ropes course was a growth experience to help with trust and anxiety," she explained. "What better way to keep practicing than with the support of my Wounded Warrior Project family?"

WWP staff members interacted with attendees, advising them of services to support their recovery processes. Programs assist injured veterans with mental health, physical health and wellness, career and benefits counseling, and connecting with other. Through the generosity of donors, the programs are available to warriors and family members at no cost to them.

"Wounded Warrior Project helps you build a support network and work on recovery issues such as trust, anxiety, and feeling alone," Rebecca said. "It empowers you to feel normal despite whatever mental or physical issues you're dealing with."

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.

SOURCE Wounded Warrior Project

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