

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

Johns Hopkins University and Wounded Warrior Project Host Health and Wellness Expo for Veterans
BALTIMORE, Feb. 17, 2017 /[PRNewswire-USNewswire](#)/ -- Wounded Warrior Project® (WWP) and Johns Hopkins University (JHU) recently hosted a workout and physical health and wellness expo for a group of wounded veterans at the university's workout facilities. Among the attendees was Army veteran Mark Mills; he served 17 years before being medically discharged.

"I knew what I wanted to learn coming into this event - nutrition," he said. "And that's exactly what happened. The chef taught us some helpful techniques. My wife and mom both had surgery last month, and I've been taking care of them. Learning those healthy recipes and fast cooking techniques couldn't have come at a better time. I also want to lose some weight; I'm currently at 196 pounds, but my long-term goal is to get down to 186."

While nutrition is a big component of healthy living, WWP's physical health and wellness programs also focus on fitness training. WWP frequently hosts a variety of these gatherings across the nation that aid in physical and mental recovery from the invisible wounds of war. 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.

"The only person I knew at first was a Wounded Warrior Project staff member," Mark said. "But I enjoyed getting to meet the other veterans. Their perspective on post-military life is similar to mine because they face the same challenges as me. I was glad to exchange numbers with them so we can stay connected."

Warriors participated in a circuit of exercises focusing on different areas of the body at varying levels of intensity. Like other WWP fitness gatherings, the workout was in an environment that accommodates physical injuries and social anxieties. Depending upon the needs and comfort levels of each warrior, WWP staff offered instructions on modifications that improved the workout.

WWP offers programs and services that assist veterans with mental health, physical health and wellness, career and benefits counseling, and connecting with other warriors and their communities.

To read more about this story, visit: newsroom.woundedwarriorproject.org/Johns-Hopkins-University-and-Wounded-Warrior-Project-Host-Health-and-Wellness-Expo-for-Veterans.

About Wounded Warrior Project

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

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