

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

## Wounded Warrior Project Veterans Defy Gravity at Connection Event

NOTTINGHAM, Md., March 20, 2017 /[PRNewswire-USNewswire](#)/ -- Veterans and guests recently experienced the adrenaline rush of skydiving during a recent Wounded Warrior Project® (WWP) event. While the chance to float on air was exciting in and of itself, participants experienced the additional benefit of getting out of the house and connecting with fellow service members in their community.

Over a pre-flight dinner, the group had the chance to make new friends and strengthen bonds with old ones. Soon after, participants were fitted for flight suits, and personal skydiving instructors led the warriors into the wind tunnel for an exciting ride.

"It was honestly an amazing experience, flying through the air like that," said Army veteran Mark Mills. "Trying that with other warriors made it even better. Wounded Warrior Project put on a great event, and it gave me a chance to relax and experience something new."

These connection activities support the recovery needs of warriors by reintroducing them and their families 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.

WWP staff interacted with attendees during the event, advising them of additional services to aid their recovery processes. Thanks to generous donors, WWP programs and services are offered free of charge to warriors, their caregivers, and families, and they assist with mental health, physical health and wellness, career and benefits counseling, connecting warriors with one another and their communities, and long-term care for the most seriously wounded.

"Wounded Warrior Project has given me a new sense of purpose when it comes to my recovery," Mark said. "The programs have gone a long way in improving my health and how I see the world."

To learn and see 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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Additional assets available online: [Photos \(1\)](#)

<https://newsroom.woundedwarriorproject.org/2017-03-20-Wounded-Warrior-Project-Veterans-Defy-Gravity-at-Connection-Event>