

## Wounded Warrior Project Veterans Connect Over Healthy Cooking

SAN ANTONIO, March 27, 2017 /[PRNewswire-USNewswire](#)/ -- Local grocer H-E-B recently opened the doors of its culinary center and cooking school to Wounded Warrior Project® (WWP) veterans for a healthy cooking class. As warriors learned to create nutritious home-cooked meals without compromising flavor, they experienced the benefits of getting out of the house and connecting with fellow service members.

With cookout season on the horizon, experienced chefs taught warriors and guests a health-conscious spin on barbecue. Veterans learned preparation techniques for lean meats and vegetables. For dessert, the class prepared grilled pineapple with homemade ice cream. The hands-on lesson was part of WWP's [Physical Health and Wellness](#) program, which is designed to reduce stress and promote healthy and active lifestyles for warriors and family members.

"This event was perfect for me because I don't cook much for myself," said Army veteran Paul Di Leo. "I've never taken my health and wellness seriously, and it's about time I do. I am out of shape and have numerous medical issues, but this gives me an opportunity to get out of the house and interact with fellow warriors."

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.

"What a surprise it was to find one of my best friends and his wife at the event! I didn't even know he was part of the organization," Paul said. "And I've gotten better with meeting new people. I don't open up easily on the outside, but with fellow warriors, it's totally different."

WWP programs and services assist injured veterans 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. Generous donors make it possible for wounded warriors to take part in connection activities and benefit from program resources at no cost to them.

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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