

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

Wounded Warrior Project Veterans Connect with WTB at Cycling Event

SOUTHERN PINES, N.C., March 31, 2017 /[PRNewswire-USNewswire](#)/ -- Wounded Warrior Project® (WWP) veterans recently joined Fort Bragg Warrior Transition Battalion (WTB) soldiers to support their mission to restore health and hope to injured warriors. Both groups participated in a bike ride to promote physical health and wellness. As they rolled through North Carolina's hills, warriors experienced what is possible at events that get them out of the house and connected with fellow service members.

Veterans pushed themselves and accomplished 18- and 30-mile rides through Southern Pines. These and other [Physical Health and Wellness](#) events are designed to reduce stress and combat depression while promoting an overall healthy lifestyle.

"In addition to keeping healthy, these outings are a great way to step outside of your comfort zone, meet new people, and be around others who are there to support you," said Army veteran Tyrone Sartor.

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.

"Being part of Wounded Warrior Project means that I'm part of something great," Tyrone said. "As a family, we look out for one another when times are rough. We can laugh, cry, and joke together. We share a common bond that can never be broken."

A WWP staff member advised WWP veterans and WTB soldiers of additional services to assist in their recovery processes. WWP programs and services help injured veterans with mental health, physical health and wellness, career and benefits counseling, and connecting with other warriors and their communities. 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 <http://newsroom.woundedwarriorproject.org/>, and click on multimedia.

About Wounded Warrior Project

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

SOURCE Wounded Warrior Project

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