

Wounded Warrior Project Veterans Empowered at Rock Climbing Connection Event

COLORADO SPRINGS, Colo., March 31, 2017 /[PRNewswire-USNewswire](#)/ -- Veterans and family members got active and defied gravity during a recent Wounded Warrior Project® (WWP) indoor rock climbing gathering. As they conquered physical challenges, warriors experienced what is possible at events where they can connect with fellow service members and their community.

After a brief course on safety and climbing fundamentals, participants were ready to tackle the wall. For three hours, the group explored traditional rock climbing, bouldering, and walking the slackline. Warriors enjoyed teamwork and camaraderie as they encouraged new friends, empowering them to master their fears and meet each activity head-on.

"I've never rock climbed in my life, but my injuries keep me seeking new ways to stay fit," said Air Force veteran Aaron Kiewicz. "I was very happy with the success of my first climb. And it just feels great knowing I have fellow veterans I can share these experiences with."

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, 29.6 percent of survey respondents expressed physical activity helps them cope with stress and emotional concerns. Programs like this highlight the importance of managing mental health through physical activity.

"Outings like this bring warriors out of their shells," Aaron said. "The amount of veteran-to-veteran support is amazing."

WWP staff interacted with attendees and advised them of additional services to aid their recoveries. WWP programs and services assist 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 outreach activities and benefit from program resources at no cost to them.

"Wounded Warrior Project's [Physical Health and Wellness](#) programs have benefitted me substantially," Aaron said. "Without them, I would be in a much worse position in my life. My physical health is my top priority."

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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