

## No Joke: Wounded Warrior Project Veterans Connect With Stand-Up Comedy

PASADENA, Md., April 27, 2017 /[PRNewswire-USNewswire](#)/ -- Making people laugh and connecting with Wounded Warrior Project® (WWP) veterans are two of Michael Carrasquillo's favorite passions. A recent stand-up comedy course helped him enjoy both at the same time.

"As a warrior, I love being with other veterans," Michael said. "As a performer, it's exciting to work with other veterans at being funny. There's nothing better than using my jokes to make others laugh."

The course provided an amusing yet comfortable stage for aspiring comedians, particularly several warriors. Telling jokes created an opportunity for veterans to share their experiences while feeling empowered through helping others.

For Michael, an Army veteran, telling jokes has always played an important role in his recovery. He believes laughter is therapeutic and infectious, so it benefits everyone in the audience.

"I do comedy for me. It helps me with a lot of my day-to-day struggles," he said. "Everyone always has an awesome time. There's nothing more empowering than talking to warriors after the show and hearing them say my performance, my material, encouraged them to open up about their own experiences. It's an amazing feeling."

One of Michael's favorite jokes involves him making an air quote. Since he's missing a middle finger, "My air quote is really an apostrophe."

Gatherings like this get wounded veterans out of the house and engaged with fellow warriors, limiting the common struggle of isolation faced by many returning from war. It can be difficult knowing how to overcome that challenge and rekindle bonds similar to those formed in the military.

"It's icing on the cake when you perform with other warriors and make them laugh," Michael said. "I cherish the time I spend with other warriors. This is something I will do every chance I get."

WWP programs and services 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.

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>.

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<https://newsroom.woundedwarriorproject.org/2017-04-27-No-Joke-Wounded-Warrior-Project-Veterans-Connect-With-Stand-Up-Comedy>