

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

## Wounded Warrior Project Empowers Veterans During Ruck March Gathering Fosters Camaraderie, Partnership

JACKSONVILLE, Fla., Aug. 14, 2017 /[PRNewswire-USNewswire](#)/ -- Wounded Warrior Project® (WWP) and partner Team RWB joined forces recently for a ruck march in Jacksonville Beach.

The nearly five-mile hike took warriors on the sand among sunbathers and sea turtle nests. Many participants carried rucksacks weighing as much as 50 pounds. Ruck marches recreate something many veterans experienced during their time in the military – a trek while carrying weight, and camaraderie as the group works together to complete their goal.

"Ruck marches are a great chance to get warriors together," WWP CEO Lt. Gen. (Ret.) Mike Linnington said. "Events like this give them an opportunity to connect while focusing on physical health and wellness."

As warriors marched alongside fellow veterans, they had the chance to form new friendships – bonds that create lasting support structures for warriors.

Activities like ruck marches and socializing with other veterans can help injured warriors cope with stress and emotional concerns. 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 partners with organizations like Team RWB to increase opportunities for warriors around the country. Team RWB's mission is to enrich the lives of America's veterans by connecting them to their community through physical and social activity. That is something warriors notice.

The march also gave veterans a chance to interact with WWP staff members to learn about the programs and services WWP offers free of charge. 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 at no cost to warriors or their families.

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>.

**ABOUT TEAM RWB:**

Team Red, White & Blue's mission is to enrich the lives of America's veterans by connecting them to their communities through physical and social activity. Learn more at [www.teamrwb.org](http://www.teamrwb.org)

SOURCE Wounded Warrior Project

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Additional assets available online: [Video \(1\)](#)

<https://newsroom.woundedwarriorproject.org/2017-08-14-Wounded-Warrior-Project-Empowers-Veterans-During-Ruck-March>