

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

Veteran Couple Heals Through Wounded Warrior Project Paddleboarding Class

WINTER PARK, Fla., Dec. 1, 2017 /[PRNewswire-USNewswire](#)/ -- Injured veterans, their families, and guests recently participated in a Wounded Warrior Project® (WWP) connection event where they learned how to paddleboard. As the lessons progressed from onshore to the lake, apprehension quickly faded as participants gained confidence using their new skills.

Wife and husband warriors Rebecca (Navy) and Bo Benton (Marine Corps) realized the importance of slowing down and enjoying the moment.

"This has become important in both our recoveries, as we are dual warriors and can get lost in either our own struggles or our partner's," Rebecca said. "Wounded Warrior Project has been beneficial in giving us opportunities, like paddleboarding, to make memories with our children and each other, while learning new coping skills in the process."

The couple never thought paddleboarding would help with their recoveries until they tried it with WWP.

"We continue to challenge ourselves by trying to be outdoors more - thanks to Wounded Warrior Project, which introduced us to new things that can help us in our journey," Bo said.

WWP program gatherings offer settings that provide opportunities for injured veterans to form bonds with one another and their communities. WWP also serves warriors by focusing on mental and physical health and wellness, financial wellness, independence, government relations, and community relations and partnerships.

"During this event, both of us were able to connect with new warriors in our area, exchange phone numbers and provide additional information about resources," Rebecca said. "I was able to connect with a female warrior, where this was her first time out of the house and engaging socially."

In a WWP survey (<https://www.woundedwarriorproject.org/survey>) of the injured warriors it serves, 30.3 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 and connecting with other veterans.

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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<https://newsroom.woundedwarriorproject.org/2017-12-01-Veteran-Couple-Heals-Through-Wounded-Warrior-Project-Paddleboarding-Class>