

## Wounded Warrior Project Veterans Get Creative at Songwriting Workshop

### Record Industry Icon Elsten Torres Empowers Warriors

MIAMI, Dec.11, 2017 [/PRNewswire-USNewswire/](https://PRNewswire-USNewswire/) -- Creativity was in high gear for injured veterans attending singer/songwriter

Elsten Torres' Songwriting for Life workshop at a Wounded Warrior Project® (WWP) connection event.

"I don't usually go anywhere other than the Veteran Affairs hospital, and I don't ordinarily interact with anyone other than my wife," said Army Reserve veteran Luis Garzon. "I see Wounded Warrior Project as a source of positive distraction, leisure, relaxation, and learning outside of my house. I try to register for all Wounded Warrior Project events in Miami that I find interesting."

Isolation is one of the most significant struggles wounded warriors deal with after serving their country. It can be difficult knowing how to overcome that challenge and rekindle bonds similar to those formed in the military.

"The workshop at the Gibson Guitar studios made songwriting seem like an easy and pleasurable activity," Luis said. "I have an interest in music, and although I don't play any instrument, I would like to learn how to play one soon."

The group enjoyed interacting with Elsten, a 25-year veteran of the music industry with five top-10 Billboard hits and two Grammy nominations. Elsten educated veterans on the fundamentals of songwriting and the liberating power of expressing personal ideas and feelings through music.

WWP program events like this give injured veterans an opportunity to experience firsthand what is possible at social gatherings that get them out of the house and connect them with fellow service members and their communities.

Navy veteran William McCrossin and his wife were grateful for the time, energy, and attention devoted to the class. "I play the guitar and write song arrangements, so we were happy to be able to meet and talk to Elsten," William 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.

To learn and see more about how WWP's programs and services connect, serve, and empower wounded warriors, visit <https://newsroom.woundedwarriorproject.org>, and click on multimedia.

### About Wounded Warrior Project

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors. Read more at

<https://www.woundedwarriorproject.org/mission>.

SOURCE Wounded Warrior Project

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<https://newsroom.woundedwarriorproject.org/2017-12-11-Wounded-Warrior-Project-Veterans-Get-Creative-at-Songwriting-Workshop>