

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

## Wounded Warrior Project Introduces Injured Veterans to Small-Space Gardening

SCOTTSDALE, Ariz., Jan. 2, 2018 /[PRNewswire-USNewswire](#)/ -- Gardening has long been known to be therapeutic and beneficial to physical and mental health, which is why Wounded Warrior Project® (WWP) recently invited veterans and their families to learn more about small-space gardening. Veterans learned that no matter the size of your planting area, you can set up your own garden.

"This event inspired me to plan and start my little garden — from dirt and hard work to different vegetables and spices," said Daniel Munguia, an Army veteran. "The class taught me to properly mix planting soil and set up specific planting locations in my yard for my garden. I already have rosemary, a fig tree, different types of chilies, and other spices."

The class instructor took warriors and their families through a virtual exploration of backyard microclimates, water usage and conservation, building a biodiverse garden, and various growing methodologies.

"I signed up for the class so I could grow some of my own food," said Army veteran Michael Cumming. "I found this class, along with all the others I have taken through Wounded Warrior Project, to be something I can use in real life. I plan to sign up for more like it."

WWP serves warriors by connecting them with one another and their communities and focusing on mental and physical health and wellness, financial wellness, independence, government relations, and community relations and partnerships.

"I think of Wounded Warrior Project as a community," Michael said. "They have helped me with my integration back into society and given me the tools I need to succeed. Their events have helped me enjoy quality time with my family, as well as other vets who have had experiences similar to mine."

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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