

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

## Veterans Hone Their Rowing Skills Through Wounded Warrior Project

SAN DIEGO, Jan.4, 2018 [/PRNewswire-USNewswire/](#) -- Warriors learned proper rowing techniques and form, followed by an opportunity to test their new skills on the water in Mission Bay at a recent Wounded Warrior Project® (WWP) rowing class.

Injured veterans connected with one another and worked toward the mutual goal of improving their outlook and health while rowing in a beautiful, outdoor environment.

"This was an opportunity to do something different and get some exercise in the process," said Army veteran Chris Kojima. "I seek out as many Wounded Warrior Project events as I can. It gets me out of the house and interacting with other veterans."

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. WWP programs offer settings that provide opportunities for warriors to rekindle those bonds.

"I appreciate everything Wounded Warrior Project does for veterans like myself," Chris said. "I'm trying to improve in three areas: getting in shape through Physical Health and Wellness programs, finding employment via Warriors to Work®, and interacting with others through connection events like this."

"I went rowing to spend time with fellow warriors," said Army Reserve veteran Francisco Chavez, "and to start getting out in public a little more. I've been going through hard times these last two years. Then, I heard about Wounded Warrior Project. It's kept me busy and got my life going again."

Activities like rowing and socializing with other veterans can help injured warriors cope with stress and emotional concerns. In a WWP survey (<https://www.woundedwarriorproject.org/survey>) of the injured warriors it serves, more than half of survey respondents (51.6 percent) expressed they talk with fellow veterans to address their mental health issues, and 30.3 percent indicated physical activity helps.

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/2018-01-04-Veterans-Hone-Their-Rowing-Skills-Through-Wounded-Warrior-Project>