

## Warriors Learn Wildlife Photography Skills with Veterans' Charity

SOUTHBURY, Conn., Feb. 7, 2018 /[PRNewswire-USNewswire](#)/ -- Wounded Warrior Project® (WWP) invited injured veterans to experience nature at its finest and get tips on photographing American bald eagles. Warriors watched the beautiful birds in their natural habitat at the Shepaug Dam wildlife preserve. They received advice from professional photographers on how to properly use their camera equipment, edit pictures, and make everlasting memories.

"I really enjoy photography," said National Guard veteran Chris Hoff, "and just being out here, in the moment, looking at our national bird was thrilling. Also, having professionals help set your camera to the right settings allows you to relax and get that great photo."

Activities like wildlife photography 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.

"I love to talk to other warriors," Chris said. "Sometimes they help me with something new, or I help them with something old."

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.

"I just got out of a tail spin," Chris said, "and hanging with my brothers and sisters at this event made it all better. It's like Wounded Warrior Project's logo – one day you're carrying them, and next, they're carrying me."

For many warriors, the logo is an undeniable symbol that reminds them of their resilience – and their passion for continued service. Warriors are empowered to live life on their terms, mentor fellow veterans and service members, and embody the WWP logo by carrying one another along a path toward recovery.

WWP program events like this give wounded warriors an opportunity to experience veteran peer support firsthand. These social gatherings get them out of the house and connect them with fellow service members and their communities.

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

<https://newsroom.woundedwarriorproject.org/2018-02-07-Warriors-Learn-Wildlife-Photography-Skills-with-Veterans-Charity>