

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

## Warriors Empowered Through Winter Sports with Veterans' Charity

FLAGSTAFF, Ariz., Feb. 17, 2018 /[PRNewswire-USNewswire](#)/ -- Veterans gathered to bond and learn adaptive winter sports techniques from experienced instructors at the Arizona Snowbowl. During the two-day-adaptive ski and snowboard experience with Wounded Warrior Project® (WWP), some veterans with injuries opted for adaptive winter equipment, which helped them enjoy the slopes, along with the camaraderie of others.

"I truly believe this event helps me all year," said Marine Corps veteran Efrin Vargas, who also attended last year's Snowbowl event. "I get to clear my mind and be around veterans who understand me. This is truly something I look forward to, and I'm very grateful to be a part of it."

"I always want to challenge myself physically and mentally, despite being 65 years old," said Army veteran Terry Flynn. "I knew this event would provide that challenge, since I have very limited experience with either skiing or snowboarding. Wounded Warrior Project is the only organization I know of that consistently reaches out to support warriors with these kinds of events."

"For me, snowboarding has always been an activity where I can shut my mind off and just find peace and enjoyment," said Army veteran Danielle Mekailek. "It's the same feeling I get with meditation or yoga."

"Everyone laughed, in a good way, when I crashed my sled," Terry said, "but we all enjoyed the day on the hill coming together as a group. It was well worth some bruises."

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.

"A few years ago, I was in a toxic marriage, lost everything, and ended up homeless," Danielle said. "I slowly got back on my feet and it is with the support of Wounded Warrior Project that I'm now in an amazing, healthy relationship, a homeowner, and graduating from college this spring."

To learn and see more about how WWP's programs and services connect, serve, and empower wounded warriors, visit our [newsroom](#).

**About Wounded Warrior Project**

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors. Read more [here](#).

SOURCE Wounded Warrior Project

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

<https://newsroom.woundedwarriorproject.org/2018-02-17-Warriors-Empowered-Through-Winter-Sports-with-Veterans-Charity>