

## Warriors Take a Swing at Golf During Veterans Charity Outing

PASADENA, Calif., March 22, 2018 /[PRNewswire-USNewswire](#)/ -- Wounded Warrior Project® (WWP) invited injured veterans to fine-tune their golf swing, connect, and enjoy the beautiful scenery of the San Gabriel Mountains. Professional golf instructors taught warriors proper golf-form fundamentals to improve their game.

"I liked the interaction with other veterans," said Army veteran Christina Cortez. "We all participated in skill-building games to sharpen our golf swings. The instructors were genuinely thankful for everything we've done for our country, and that alone touched my heart. We felt appreciated."

Activities like golfing and socializing with other veterans can help injured warriors cope with stress and emotional concerns. In a WWP [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.

The First Tee of Pasadena not only provided the instructors, they also gave several warriors new golf clubs so they could gain confidence in their equipment and themselves.

"I'm just getting started in golf," Christina said, "and I thought this would be a great opportunity to help me jump start my game. The more skills and tips I can get, the better."

Social 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 like those formed in the military.

"Through Wounded Warrior Project, I've met great veterans here in my community," Christina said. "We share each other's pains, sorrows, happiness, and joys, and we tell stories that only veterans can relate to. Before, I was in deep depression. I didn't want to go out of my house or talk to anybody. All my veteran friends were on the East coast, near Fort Benning, so I didn't know any veterans here. Wounded Warrior Project gave me a new life, a new hope, strength, and a new chance of living."

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

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

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