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

Warriors Empowered While Building Strength on Kayaking Journey

TAVARES, Fla., April 17, 2018 /PRNewswire-USNewswire/ -- Injured veterans and guests recently participated in a Wounded

Warrior Project® (WWP) connection event where they kayaked on picturesqueDora Canal, sometimes called "the most

beautiful mile of water in the world."

Army veteran Jeremy Caldwell realized the importance of teamwork and cooperation as he and fellow warriors maneuvered

down the waterway and took in the scenery.

"I love the feeling of being part of a team," Jeremy said. "We all were supportive of each other as we set a rowing pace

together. Our group of warriors came from different branches of service, but we were still able to connect with each other

because of our common experiences."

Warriors chatted and relaxed in the safe, natural setting and enjoyed a moderate upper-body workout from rowing.

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.

As the group floated down the canal under the canopy of century-old cypress trees, apprehension quickly faded as the warriors

gained confidence using their new skills.

"Wounded Warrior Project has inspired me to get out more and attend some of their other events," Jeremy said. "Their people

and programs helped bring me out of a very dark place in my life after my injury. The organization has been a guiding light for

me."

In a WWP survey of the injured warriors it serves, 30.3 percent of survey respondents expressed physical activity helps them

cope with stress and emotional concerns. Programs like this highlight the importance of managing mental health through

physical activity and connecting with other veterans.

If you are interested in impacting the lives of warriors and joining our team, visit our LinkedIn.

About Wounded Warrior Project

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors. Read more at

https://www.woundedwarriorproject.org/mission.

SOURCE Wounded Warrior Project

For further information: Rob Louis - Public Relations, rlouis@woundedwarriorproject.org, 904.627.0432

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