

Warriors Build Friendships at Cross-Country Skiing Event

STOWE, Vt., April 21, 2018 /[PRNewswire-USNewswire](#)/ -- Injured veterans and their guests enjoyed the last days of winter as they gathered with other warriors to ski cross-country with Wounded Warrior Project® (WWP).

"We liked it so much, we're planning on going back on our own," said Army veteran David Phelps. "The location is beautiful and serene, and the staff are very warm and friendly. It's a great place to unwind and regroup."

Activities like skiing 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.

"There were two couples that I often see at Wounded Warrior Project events – one of which we're starting to develop a friendship with," David said. "I enjoy getting together with my veteran family whatever the activity might be. Group meals are often better because they allow us more opportunity to interact and get to know each other. I've enjoyed watching some of the guys become a little more sociable and relaxed as they attend more events."

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.

"After skiing, we ended our day soaking in the lodge's outdoor hot tub," David said. "We enjoyed just sitting in the hot, jetted water, relaxing our muscles, being refreshed in the cool air, and taking in the beauty of the terrain before us."

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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