

Injured Veterans Connect Over the Joys of Cooking

FAYETTEVILLE, N.C., Aug. 17, 2018 /PRNewswire/ -- Wounded Warriors and their guests participated in a hands-on cooking class, where they connected with other veterans and created delicious meals with Wounded Warrior Project® (WWP).

"I took this class because of its healthy cooking aspect and because it was hands-on," said Army veteran Jason Grigg. "I love to cook, so the helpful instructions and actual cooking were my favorite parts."

Veterans learned how to cook several dishes, develop best practices in the kitchen, and take home a recipe booklet of the dishes they made in class. After learning new skills, warriors settled down to talk to each other and eat what they had cooked.

"I had the pleasure of being paired up with a father-son team, both of whom were in the Air Force," Jason said. "I'm really looking forward to sharing time at more events like this with my family and other veterans."

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.

The 2017 WWP Annual Warrior Survey (<https://www.woundedwarriorproject.org/survey>) highlights the importance of connection at WWP outreach events. These settings support the long-term recovery of warriors with physical injuries and social anxieties.

"Wounded Warrior Project has helped me focus on what's important and to keep moving forward," Jason said. "Every time I was close to giving up, I found an event that I wanted to engage in. They helped with my family by putting us in a safe place where we, and other families in similar situations, could do things together. I think of Wounded Warrior Project as an extended family that helps me stay focused and remember what's important."

WWP has been connecting, serving, and empowering wounded warriors for 15 years. To learn more, visit <http://newsroom.woundedwarriorproject.org>.

About Wounded Warrior Project

Since 2003, Wounded Warrior Project® (WWP) has been meeting the growing needs of warriors, their families, and caregivers – helping them achieve their highest ambition. Learn more: <http://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

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<https://newsroom.woundedwarriorproject.org/2018-08-17-Injured-Veterans-Connect-Over-the-Joys-of-Cooking>