

## Warriors Prepare Brunch at Gourmet Cooking Class

PENSACOLA, Fla., Aug. 27, 2018 /PRNewswire/ -- Injured veterans learned the fundamentals of making elegant and delicious brunch items with the help of a chef during a hands-on cooking class with Wounded Warrior Project® (WWP).

"I work in the hotel industry and wanted to experience a cooking class with other warriors," said Air Force veteran Danielle Relyea. "The kitchen was classy, and the event was fabulous and interactive. I learned some new cooking tricks and got some new recipes to try at home."

Warriors learned how to prepare crepes, quiche, and omelets with the helpful assistance of skilled chefs at So Gourmet kitchen store. This is just one of many opportunities for warriors to continue their journeys toward tackling their next missions.

"I loved being able to see others try their hand in the kitchen, watching their smiling faces, and meeting new people," Danielle said. "There were many folks there I already knew, and I was able to meet new warriors in the community. I enjoyed getting out with family and sharing an afternoon making some great memories."

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 mental health issues. It's that strength through community that ensures no warrior or caregiver ever feels like they're alone.

"I met another veteran named Sam and his lovely wife," said Army veteran Clinton Morton. "They both were really good people who made the cooking class all the more enjoyable. It turns out, Sam and I were actually born in the same hospital a couple of years apart."

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.

"I like being able to do things I might not have the opportunity to without Wounded Warrior Project, like glassblowing, horseback riding, archery, white-water rafting — anything to get me out and about," Danielle said. "They help me stay connected with other warriors."

To learn more about how WWP connects warriors to build strength through community, visit <https://www.woundedwarriorproject.org/programs/alumni>.

## 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/2018-08-27-Warriors-Prepare-Brunch-at-Gourmet-Cooking-Class>