

Veterans Charity Teaches Warriors How to Make Healthy Stir Fry

PHOENIX, Sept. 19, 2018 /[PRNewswire](#)/ -- Injured veterans sought to create the perfect stir fry during a cooking class with Wounded Warrior Project® (WWP). The group learned how to make a more health-conscious version of this classic meal — one of the many opportunities WWP offers to help veterans achieve large and small goals every day.

"I'm always looking for new ideas on how to eat healthy," said National Guard veteran Denise McC Carson. "Since I've been home from my deployment, I put on 70 pounds, but thanks to events like this and guidance from Wounded Warrior Project, I've dropped 30 pounds! I'm a vegetarian and get stuck eating the same old meals, but this cooking class helped broaden my food choices."

The class learned how to combine natural ingredients, fresh produce, and optional proteins, such as chicken and seafood, to make a flavorful and healthy stir fry.

"I enjoyed being a part of making something," Denise said. "I contributed by mincing garlic. Every little bit we all did contributed to the amazing dishes."

When warriors come together and support each other, that's when the healing happens. [Connecting with fellow service members](#) and people in the community gives warriors support they can count on. It creates a veteran support structure during the healing process – because wherever veterans are on their journeys, they shouldn't have to face it alone.

WWP also serves warriors by focusing on mental and physical health and wellness, financial wellness, independence, government relations, and community relations and partnerships. Every need is worthy of attention and care, and WWP exists to help warriors plan their unique paths forward.

"Many of our injuries don't just affect us, but our friends and family as well," Denise said. "Wounded Warrior Project has given me a life that I had nearly given up on. My life with family, friends, and myself has been saved. Now in return, I can do something for someone else in need. I'm back to being a part of something greater than myself."

To learn more, visit <https://www.woundedwarriorproject.org/programs/physical-health-wellness>.

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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