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

Wounded Warriors Find Balance and Joy at Surf Camp

VIRGINIA BEACH, Va., Sept. 22, 2018 /PRNewswire/ -- Air Force veteranJoel Bowman had never surfed before. He never

thought he could catch the waves until a surf camp organized by Wounded Warrior Project® (WWP) – where he was the last

man out of the water.

Joel, who retired after 15 years of service, has vertigo from atraumatic brain injury and deals with post-traumatic stress.

"The whole time I was in the water, I felt safe with my comrades, and nothing triggered my vertigo. I was the last one out of the

water, and I was surfing with the locals by the end of the day."

WWP works with local outfitter Virginia Beach Surf Sessions to offer all-day surf, kayak, and paddleboard camps during the

summer months. This year's warm weather gave warriors and their family members a chance to try the swells from May to

October.

"I enjoyed the physical activity and learning how to surf," saidOrlando Merino, who retired from the Army and is a single dad of

three. "While out there, my mind was taken off everything - the waves were calming."

Orlando had tried surfing at another WWP event, but a hurricane off the coast forced the day's events to end early. They went

paddleboarding instead.

"I still had a great time."

Surfing and socializing with other veterans can help injured warriors cope with stress and emotional concerns while remaining

physically active.

"I'm training daily so I can make the most of the next surf camp," Joel said. "I had only boogie-boarded before, and I didn't think

there was any way I would be able to ride waves. Now I don't think I can go back to boogie-boarding."

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

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

Additional assets available online: Video (1)

https://newsroom.woundedwarriorproject.org/2018-09-22-Wounded-Warriors-Find-Balance-and-Joy-at-Surf-Camp