

## Warriors Explore Shipwrecks and Connect with Nature During Scuba Dive

HONOLULU, Oct. 7, 2018 /[PRNewswire](#)/ -- Injured veterans and their guests immersed themselves in an underwater adventure and explored Oahu's beautiful shorelines with Wounded Warrior Project® (WWP).

"I love to [scuba dive](#)," said Army veteran Mathew Gillooly, "and this excursion allowed me to meet fellow wounded warriors."

Veterans explored the world that lies just beneath the surface of the ocean. They searched sunken ships, saw colorful fish and sea creatures, and formed lasting memories with others. Events like this help ensure no warrior or caregiver ever feels alone.

"I haven't gone scuba diving in 13 years," said Marine Corps veteran Robert Carter III. "All the warriors at the dive had similar military experiences, and it was great to be able to talk. To me, we were just a bunch of cool guys and gals bonding through a day of diving."

WWP connects warriors with one another, their families, and communities. It serves warriors through lifesaving programs and services targeting [veteran mental and physical health](#), [career and benefits counseling](#), and support for the most severely wounded.

"I loved being underwater with my brother and sister warriors," said Army veteran Anthony Lopez. "After the diving, it was nice to see other warriors and be able to relate to what we all are going through. This was an opportunity for me and other warriors to be reminded that we're not alone. Wounded Warrior Project truly helps warriors connect with each other."

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 recoveries of warriors with physical injuries and social anxieties.

"Events like this give me the chance to get out of the house and do things with people who understand my experiences," Matthew said. "Normally, I have a hard time relating to people because they don't really understand me."

WWP program events like this give wounded warriors an opportunity to experience [veteran peer support](#) firsthand. These social gatherings connect them with fellow service members and their communities.

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>.

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Additional assets available online: [Photos \(1\)](#)

<https://newsroom.woundedwarriorproject.org/2018-10-07-Warriors-Explore-Shipwrecks-and-Connect-with-Nature-During-Scuba-Dive>