

Warriors Ride to Recovery With Veterans Charity

HOPKINTON, N.H., Oct. 10, 2018 [/PRNewswire/](#) -- Warriors and their guests connected during a relaxing day of [equine therapy](#) with Wounded Warrior Project® (WWP). Warriors learned about grooming, communicating, training, and riding horses.

"I love horseback riding," said Marine Corps veteran John Nelson. "I've been riding English style, at a slow pace, for three years now, but at this event I learned how to better interact with horses."

Warriors experienced the powerful emotional effects that come from spending time with horses.

"I liked the station-to-station approach the instructors used at this event," John said. Warriors could, for example, groom a horse and then move on to the next type of therapy, such as communicating with the animal.

[WWP military program](#) gatherings offer settings that provide opportunities for injured veterans to form bonds with one another, their families, and their communities. These events help warriors remember they're not alone and that no matter what they're going through, there are people who care about them and can help.

"My favorite part was the chance to go a little faster on a horse for the first time," John said. "It was a fantastic feeling."

Activities like horseback riding and socializing with other veterans can help warriors cope with stress and emotional concerns. Getting out of the house and participating in opportunities like this connects warriors to a support system of people who know what they're going through. In a WWP survey (<https://www.woundedwarriorproject.org/survey>) of the wounded warriors it serves, more than half of survey respondents (51.6 percent) expressed they talk with fellow veterans to address their mental health issues.

"This Wounded Warrior Project event really gave me a chance to push myself to see what I'm capable of," John said. "It helped me build confidence."

Learn more about opportunities for warriors to connect at <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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