

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

## Veterans Charity Teaches Warriors Proper Dining Etiquette

JACKSONVILLE, Fla., Oct. 11, 2018 /PRNewswire/ -- Wounded Warrior Project® (WWP) invited injured veterans to a beginners' dining etiquette course with other warriors and guests.

"I'm a transitioning veteran who is searching for a career, and part of my [career search](#) involves networking," said Navy veteran Anna Douglas. "During my networking, there are times where I'm asked to lunch with potential employers. I wanted to learn proper dining protocol for those opportunities. They made the course fun, and it had great lessons behind it."

The [class for veterans and their families](#) covered the basics of proper etiquette in social, dining, and business settings. A delicious dinner afterward gave the class participants a chance to practice what they had learned while getting to know one another.

"I am not good in social situations, so I thought attending this would help me overcome my fear of interactions," said Army veteran Thaddeus Edwards. "It was my first Wounded Warrior Project class, and I enjoyed learning about dinner setup, how to greet someone, and holding a conversation."

"I learned some of the history of how etiquette rules came to be," said Marine Corps veteran Leardy Wilson Jr., "and my wife and I enjoyed interacting with other guests at our table."

Socializing with other veterans at gatherings like this 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, 51.6 percent said they talk with fellow veterans to address their mental health issues.

"With Wounded Warrior Project, I'll always have someone in my corner – someone who can identify with what I'm feeling inside, and the challenges that I am facing, or have faced," Anna said. "It feels good to know, that on some level, no matter how hard things are, someone else understands my struggle."

"I experience a sense of brotherhood at these events, similar to what I had in the Corps," Leardy said. "I like getting to know other wounded warriors who I can get along with and look forward to spending time with."

WWP has been connecting, serving, and empowering wounded warriors for 15 years. To learn more, visit <http://newsroom.woundedwarriorproject.org>.

### **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](mailto:rlouis@woundedwarriorproject.org), 904.627.0432

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

<https://newsroom.woundedwarriorproject.org/2018-10-11-Veterans-Charity-Teaches-Warriors-Proper-Dining-Etiquette>