



**NATIONAL
ABILITY
CENTER**

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PRESS RELEASE

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**Contact: Lauren Rayner
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***Wounded Warrior Project (WWP) and National Ability Center
Provide Peace for PTSD through Recreation***

Park City, UT- Three miles outside of historic Park City, Utah, the National Ability Center sits serenely on a 26 acre ranch. The 21 year non profit organization is dedicated to the development of lifetime skills for people of all different ages and abilities through a variety of adaptive recreation activities. On July 16-20, the National Ability Center will host 20 returning Utah Veterans from Iraq and Afghanistan with Post Traumatic Stress Disorder (PTSD). The soldiers will participate in a week long wilderness retreat titled *Project Odyssey* created and provided by the Wounded Warrior Project (WWP). *Project Odyssey* will give the soldiers opportunities to develop skills and mechanisms for coping with PTSD, enabling them to participate more fully in mainstream life.

PTSD is becoming an increasingly common result of war. Combat stress is a very real issue and one that not only affects the soldier but their families and communities as well. The soldier's retreat at the Center will be designed for their specific needs and includes a variety of trust and team building activities as well as outdoor recreation experiences such as hiking, horseback riding, canoeing, challenge course initiatives, and Native American healing rituals. The Utah Veteran's Administration will provide mental health physicians for the retreat as well as select the participating soldiers.

It was only about six months ago that the WWP contacted the Ability Center about hosting the retreat. WWP is a non profit organization dedicated to assisting those men and women of the United States Armed Forces who have been severely injured during the war on terror. WWP provides programs and services designated to ease the burdens of the heroes and their families and transition them back into mainstream life. The Ability Center's on-site accessible lodging and ability to tailor programs specifically to individual needs made it the perfect place to host a retreat for WWP.

Nature and recreation are very powerful tools for healing the spirit and mind. Recreational experiences assist participants in developing self-esteem, generating self-confidence, improving mental attitudes and outlook, and provide opportunities to build relationships with families, friends and peers. The National Ability Center is excited for the opportunity to share their programs and facilities with the nation's troops and is currently planning future retreats. For more information on the National Ability Center call 435.649.3991 or visit www.DiscoverNAC.org

Wounded Warrior Project (WWP) is a non-profit organization aimed at assisting those men and women of the United States armed forces who have been severely injured during the war on terrorism in Iraq, Afghanistan and other hot spots around the world. Beginning at the bedside of the severely wounded, WWP provides programs and services designated to ease the burdens of these heroes and their families, aid in the recovery process and smooth the transition back to civilian life. For more information, please call 904.296.7350 or visit

www.woundedwarriorproject.org.