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## Fort Carson wraps up Warrior Care Month sitting down

The Warrior Transition Battalion wrapped up Warrior Care Month on Fort Carson with a seated volleyball tournament at Iron Horse Gym, Nov. 30. Seated volleyball is just one of the adaptive sports the WTB uses to show wounded, ill and injured Soldiers that there are still opportunities available to them.

During November the WTB also held a caregiver workshop for family members supporting wounded, ill and injured troops. The workshop provided caregivers practical advice and valuable information about available resources.

Throughout the month they hosted guest speakers including Paralympians, Maj. Gen. Ryan F. Gonsalves (commanding general, 4th Infantry Division and Fort Carson) and Maj. Gen. Peggy Combs (chief of staff U.S. Northern Command).

During her presentation at the Warrior Care Month closing ceremony, Combs talked about the warrior spirit, having the courage to embrace and overcome your fear, having the personal courage to choose the hard path over the easy one. "The warrior spirit is in the Soldiers of the Warrior Transition Battalion," Combs said. "It lives and grows and stronger within them each day."

(Photo by Jeff Troth)

