



Contra Costa County  
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[www.contracostatv.org/veteransvoices](http://www.contracostatv.org/veteransvoices)

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MEDIA RELEASE

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## **Veterans' Voices Show Focuses on the Power of Exploring Nature**

On **Monday, February 14th, 2022, at 7 pm**, Veterans' Voices will host a live discussion about the benefits of spending time in nature. The show "**Veterans in the Great Outdoors**" will feature the stories of Veterans whose experiences outdoors changed their lives. Guests will include Veterans and outdoor advocates Jay Waters, Jet Garner, and Steven "Chief" Kuryla. Also appearing will be Jimi Shaughnessy of the National Parks Conservation Association, Stephen Shackelton of Yosemite's Veteran Success Seminar, and Yosemite Park Ranger Corey Kniss.

Viewers can share their own experiences or ask questions by calling the program at 925-313-1170. They can also use the phone number to record a message for the panel any time before the show. Leave questions and comments at [Facebook@VeteransVoices1](https://www.facebook.com/VeteransVoices1) or email [veteransvoices@contracostatv.org](mailto:veteransvoices@contracostatv.org) before or during the live television show.

The Veterans' Voices program is broadcasted live on Contra Costa Television (CCTV) on the second Monday of every month at 7 pm. It can be seen live online at [facebook.com/veteransvoices1](https://www.facebook.com/veteransvoices1). You can find an archive of past shows and show resources at <https://www.contracosta.ca.gov/5163/Veterans-Voices> or on our YouTube channel [Veterans Voices of Contra Costa](https://www.youtube.com/channel/UC...). The show is re-run multiple times on CCTV on Comcast Channel 27, Wave Channel 32, and AT&T U-Verse Channel 99.

Anyone can benefit from spending time in the outdoors. Our panel will discuss why it has extra benefits for many in our Veterans' population. We hope the show will inspire Veterans to visit the natural wonders around them while giving them tools and resources to take that first step into the wild.

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