

MEGHAN WAGNER

Physical Health & Wellness Director

Meghan Wagner serves as the Physical Health & Wellness director for Wounded Warrior Project® (WWP). In her role, she oversees the Physical Health & Wellness and Soldier Ride® programs. These programs help veterans increase their physical activity and enhance their nutrition, mobility, and sleep. Warriors who adopt healthier habits see improvements in chronic conditions, their mental wellness, and an increase in overall quality of life.



Prior to joining WWP in 2011, Meghan worked in personal training, mentorship, and also managed a lab for health programs at a local college. Before moving into her current role, she also served as a coordinator and manager of the Soldier Ride program at WWP.

Meghan is a Gold Star daughter from a military family. She draws inspiration from her father's legacy to support veterans in her work. She is also married to an Army veteran and is a registered WWP family support member.

A University of Florida graduate, Meghan is passionate about helping others. She and her husband have two young children and enjoy spending time outdoors.

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About Wounded Warrior Project

Wounded Warrior Project is our nation's leading veteran services organization, focused on the total well-being of post-9/11 wounded, ill, or injured veterans. Our programs, advocacy, and awareness efforts help warriors thrive, provide essential lifelines to families and caregivers, and prevent veteran suicides. [Learn more about Wounded Warrior Project.](#)

