

Calm Under Pressure:

The Operation Stress Shield Method

A Weekly Class FREE for First Responders, Veterans and Active Military



We know **your jobs** are extremely challenging. You see things most people never do. That **stress can build up** and leave **invisible scars**. Too often, help comes only after you feel broken or worn out.

***THIS CLASS IS DESIGNED
TO HELP CHANGE THAT***

This 1-hour weekly class gives tools to help:

- Immediate stress relief tools
- Restore mobility & flexibility
- Better decision-making under pressure
- Stronger mental health
- Relieve stiff achy joints

Where: The Comella Foundation
4 Locust Grove Road, Weaverville, NC 28787
When: EVERY TUESDAY
Time: 13:30-14:30
Cost: FREE for FIRST RESPONDERS, VETERANS & ACTIVE MILITARY with ID (\$20 donation for others)

***Limited to 15 spots each class.
Registration REQUIRED!***

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**THE COMELLA
FOUNDATION**

TheComellaFoundation.org



***Scan to register
and learn more***

