



● About the project



The Comella Foundation uses an osteopathic (natural, whole-body) approach to show our Police, Fire, EMS and Veterans how to rebalance their bodies and minds after undergoing intense stress—both during emergencies and while off-duty.

In small-group seminars, we will teach unique, but easy-to-learn, principles (movement, breathing, relaxation and structural alignment) to *calm the nervous system and relieve stress, pain, tension and PTSD.*

● Proven training benefits

In our many years of teaching, students have experienced improved coping capacity under pressure, reduced muscular tension and nervous system overload, enhanced clarity and calm during decision-making, better empathy without compromising integrity or discernment, increased morale and job satisfaction, less employee turnover, long-term reduction in absenteeism and stress-related burnout, and lower health care costs.



● Meet The Comella Foundation founder, Bill Parravano

With decades of competitive and non-competitive martial arts training and osteopathic bodywork study, Bill has dedicated his life to healing people who have encountered injury and trauma. He launched the foundation in 2019 for this purpose.

Bill's background and skill garner respect from his students, while his serious but light-hearted instruction makes learning easier. Lifelong friendships emerge from his classes and seminars.

● Operation: Stress Shield Results

Participants will learn a self-managed approach to their own mental and physical health, but also improve how they interact with the public to build healthier communities.

Operation: Stress Shield graduates will become pillars of a calm, rational attitude that is lacking in today's crush of increasing fear, economic and political polarization, and war zone-like environmental disruption.



● Why we'd love to partner with YOU!

The Comella Foundation has a unique “special sauce” that we want to bring to the ongoing mental health crisis facing our brave First Responders and Veterans. This is the vision that keeps us going: to replace burnout with balance and inspire a cultural shift toward self-regulated health. *This project is now more important than ever.*

The Comella Foundation requires financial support to get this project established, but we will also rely on guest speaking and instruction, seminars, private classes, podcasts/interviews, and fundraising to maintain sustainability. – **Thank you for considering us in your giving!** –