

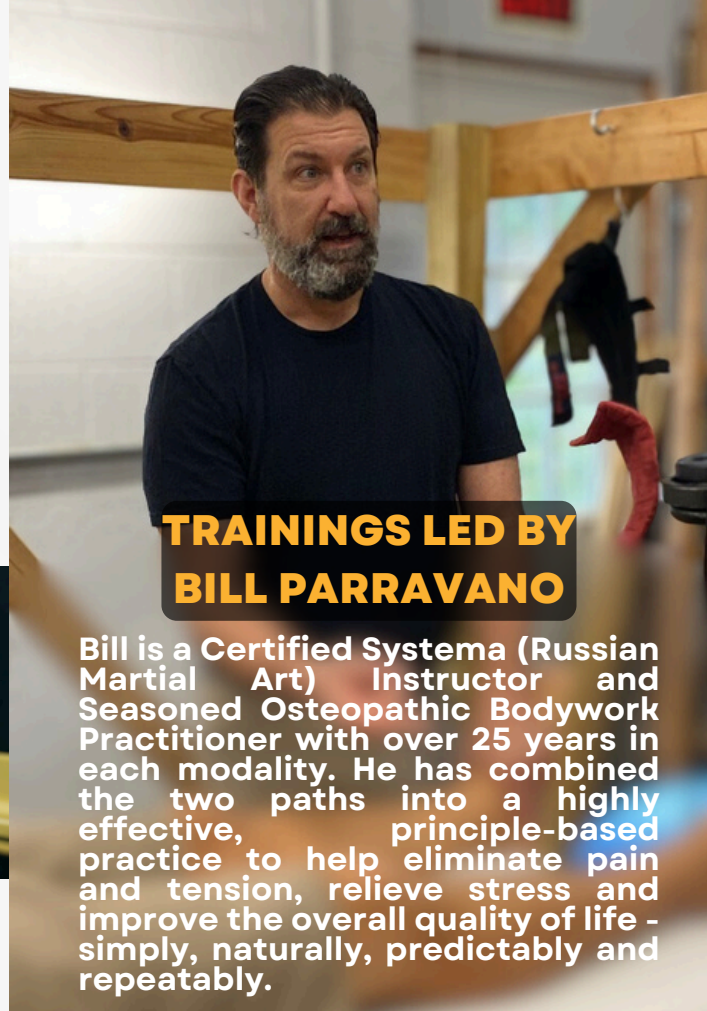
# DONATE

Help us help our First Responders and Veterans have access these life-impacting programs



We depend on the support of individual donors. Donations directly fund services for First Responders and Veterans. Consider making a monthly or one-time impactful gift: visit [TheComellaFoundation.org/donate](http://TheComellaFoundation.org/donate)

**DONATE TODAY**



## TRAININGS LED BY BILL PARRAVANO

Bill is a Certified Systema (Russian Martial Art) Instructor and Seasoned Osteopathic Bodywork Practitioner with over 25 years in each modality. He has combined the two paths into a highly effective, principle-based practice to help eliminate pain and tension, relieve stress and improve the overall quality of life - simply, naturally, predictably and repeatably.

## GET IN TOUCH

Do you need *Operation: Stress Shield* in your department? Then reach out and let's make that happen!



828-222-0991

[TheComellaFoundation.org](http://TheComellaFoundation.org)

[Bill@TheComellaFoundation.org](mailto:Bill@TheComellaFoundation.org)

# OPERATION: STRESS SHIELD



**Operation: Stress Shield** provides Low to No-Cost ongoing resilience training programs to equip First Responders and Veterans with practical, proven tools to resist stress, restore mental and physical resilience and perform at their best; no matter the pressure.



*Operation: Stress Shield is a project of The Comella Foundation, a 501(c)3 non-profit organization.*



A 501(c)3 Organization

## Who We Are

At The Comella Foundation, we care deeply about the people who protect and serve - our First Responders and Veterans.

As a Weaverville, NC based Non-Profit, we witnessed first hand the fallout from Hurricane Helene in 2024 - it's impact not only on our environment but also on the hearts, minds and bodies of all involved - especially our First Responders.

We know their jobs can be extremely challenging. They see things most people never do. That stress can build up and leaves invisible scars.

Too often, help comes only after someone feels broken or worn out. **We want to change that.**

Our programs teach simple, powerful ways to stay calm, strong, and healthy before stress turns into a problem. We train groups of Police Officers, Firefighters, EMTs and Veterans members to take care of themselves, just like they take care of others.

When our heroes learn how to train their body and mind for active recovery, they can keep doing what they do best - serve with heart, strength, and pride.

# OPERATION: STRESS SHIELD

## A Pilot Project of The Comella Foundation

When stress is high, clear decision-making is challenged, tensions rise and the risk of burnout grows. For peace officers, high-pressure encounters can escalate unnecessarily without the right tools to keep themselves and everyone else calm. For many first responders, prolonged strain impacts health, morale, and job satisfaction—and can lead to costly turnover and absenteeism.

**Operation Stress Shield** uses simple breathwork & awareness drills to calm the nervous system using:

- Gentle, adaptable movement to release tension
- On-the-spot stress tools that work in the office, in the vehicle, in the field or during emergencies

## Benefits You'll See

- Stay calmer longer
- Clearer thinking under increased pressure
- Better decision making in critical moments
- Improved cooperation and empathy in your team without losing authority or discernment
- Reduced burnout, turnover and absenteeism
- Support for long-term wellness—and even lower health care costs over time



## Our Services

Service to community and country doesn't have to take such a toll!

- Ongoing 1 hour classes
- 4 Hour Workshops
- Weekend Intensives
- Week Long Immersions

\*\*Sessions are low-risk, interactive, and custom-tailored to each department's needs.

