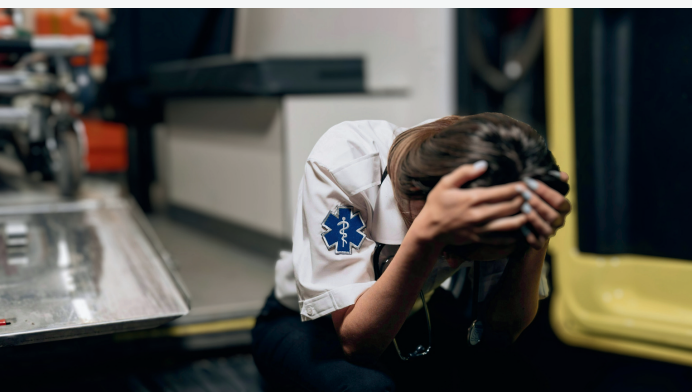


DONATE

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



We depend on the support of donors and sponsors. Donations directly fund programs for First Responders and Veterans.

Consider making a monthly or one-time impactful gift: visit
TheComellaFoundation.org

**DONATE
TODAY**



TRAININGS LED BY BILL PARRAVANO

Bill is a Certified Systema Martial Arts Instructor, Certified Systema Breathwork Instructor and Seasoned Osteopathic Bodywork Practitioner with over 27 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

**Want *Operation: Stress Shield*
in your department?**
Reach out and let's make that happen!



828-222-0991



TheComellaFoundation.org



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, enhance mental and physical resilience and optimize performance; 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

The Comella Foundation cares deeply about the people who protect and serve – our First Responders and Veterans.

In 2024, when Hurricane Helene hit Western North Carolina, it gave us a huge wake-up call on how urgently a program like this was needed in our community.

First Responders and Veterans experience levels of stress and see things most people never do. That stress builds 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 Law Enforcement, Firefighters, EMS, and Veterans 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

JOIN OUR PILOT PROJECT!

OSS is already underway!

OSS is built from decades of experience combining body-mind resilience training (martial arts, breathwork and osteopathic body work) with real-world stress exposure in public-service contexts.

These exercises give you highly functional tools that can be used on or off duty for a lifetime.

Get immediate, measurable relief while helping us collect valuable research data for our sponsors.

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

JOIN OUR PILOT PROJECT!

FREE for
First Responders
and Vets!



OUR SERVICES

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

- 21-Day Pilot Research Program
- Ongoing classes, workshops & trainings
- Week-long intensives
- Train the Trainer Instructor Certifications

*Programs are interactive and custom-tailored to each department's needs.

