VITAL WORKS
STRESS MASTERY ACADEMY

SUPPORT VETERANS & MILITARY FAMILIES.

Sponsor human system stability training for veterans, military personnel, and their families.

BEYOND STRESS AWARENESS. BUILDING STABILITY.

Military service carries extraordinary demands that extend beyond those in uniform. Veterans, active-duty service members, and their families navigate uncertainty, separation, transition, and sustained pressure. Stress Mastery Academy (SMA) goes beyond stress awareness with practical human system stability training designed to strengthen regulation, recovery, and capacity amid these demands.

WHAT EACH SPONSORED PARTICIPANT RECEIVES

- **ON-DEMAND SMA ACCESS**
  On-demand education and practical training accessible across changing schedules and locations.
- **BIOMETRIC FEEDBACK DEVICE**
  Real-time physiological insight connecting learning with the body's stress response.
- **PRACTICAL NERVOUS-SYSTEM TRAINING**
  Skills designed to support steadiness, recovery, and capacity amid service, transition, and family demands.
- **LIVE EXPERT LEARNING**
  Biweekly Capacity Expansion Sessions with Dr. Tami Berry, MD, for questions and application.

$25,000 **STARTING COHORT: FIVE PEOPLE**

Includes on-demand SMA access, biometric devices, materials, and biweekly live expert sessions.

PATH TO PARTNERSHIP

1 CONNECT + CHAMPION

Thank you for being a strong community advocate! Email info@vitalworks.co; the Vital Works team will respond within 24 hours.

2 SHAPE THE PARTNERSHIP

Confirm sponsorship goals and coordinate a cohort of five or more eligible military-connected participants with Vital Works.

3 KICK OFF TOGETHER

Hold a kickoff call with the corporate sponsor or partner, Vital Works, and the sponsored cohort to launch together.

MEET THE EXPERT BEHIND SMA

Dr. Tami Berry, MD, is a physician and creator of Stress Mastery Academy. Her medical and clinical background informs practical education in human system stability, stress regulation, recovery, and performance under pressure.

STAND BEHIND THOSE WHO SERVE AND THEIR FAMILIES.

Start the conversation: **info@vitalworks.co** | vitalworks.co