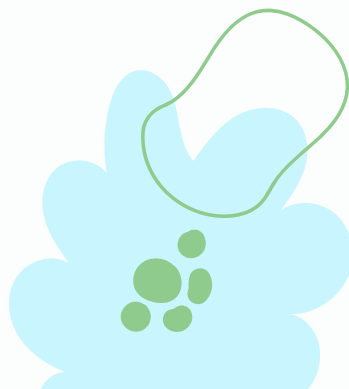




What is Peer Wellness

Peer wellness is about walking alongside someone as they work toward a healthier, more balanced life. It's a supportive and collaborative approach that centers on shared experience, understanding, and encouragement rather than clinical treatment. In peer wellness, the focus is on helping you build skills, confidence, and routines that support the **eight dimensions of wellness**.



Friendship House

526 Lamar St

Knoxville, TN 37917

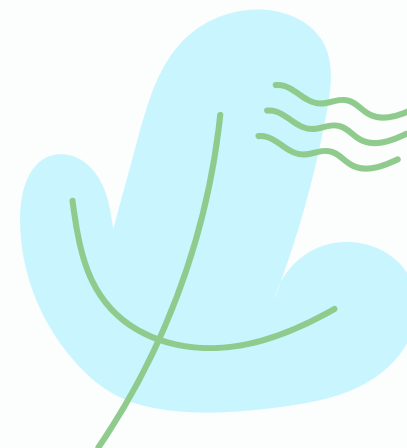
(865) 544-3841
EXT. 4103



WWW.TN.GOV/BEHAVIORAL-HEALTH/WELLNESS



Renewing Your Mind,
Body & Spirit





What We Do

Together, we explore what wellness looks like for you, identify small and realistic goals, and recognize strengths you already have. Peer wellness is meant to feel welcoming and judgment-free—a space where you can reflect, learn, and grow at your own pace while feeling supported by someone who genuinely understands that wellness is not one-size-fits-all.



What We Offer

One-on-one Peer Coaching

Personalized, judgement-free support from someone who's been there. We work together to set realistic goals, build confidence, and create sustainable wellness routines that fit your life.

Wellness Workshops

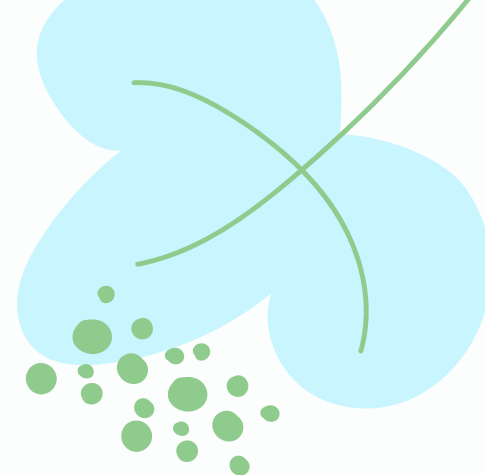
Interactive workshops focused on nutrition, movement, finances, and daily habits. Practical tools you can actually use, designed to support your body, mind, and lifestyle

Support for Chronic & Immune Health

Guidance for managing chronic pain, fatigue, and immune challenges with compassion and care. Learn strategies to reduce overwhelm and improve quality of life at your own pace.

Skills for Everyday Balance

Wellness isn't one-size-fits all. We help you strengthen physical, emotional, and financial well-being so you can feel more balanced, empowered, and in control



8 Dimensions of Wellness

