

WHAT MAKES OUR APPROACH DIFFERENT?

RELATIONSHIP FIRST

We listen before recommending solutions.

WHOLE-PERSON WELLNESS

We recognize physical, spiritual, emotional, mental, and relational well-being.

EVIDENCE-INFORMED SUPPORT

Our education and practical strategies are informed by professional knowledge and credible evidence.

PROGRESS OVER PERFECTION

Realistic, consistent steps matter.

PARTNERSHIP, NOT REPLACEMENT

We complement appropriate healthcare rather than replace it.

THOUGHTFUL FAITH INTEGRATION

Christian faith is incorporated thoughtfully and respectfully.



YOUR WELLNESS JOURNEY CAN START HERE.

START WITH A CONVERSATION

Complete the Living Water Wellness Compass™ Discovery Assessment to help us understand where you are, what matters to you, and what kind of support may be most helpful.



SCAN TO COMPLETE YOUR COMPASS™ DISCOVERY ASSESSMENT

No commitment. Just a place to begin.

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PROFESSIONAL BOUNDARIES

Living Water Wellness provides wellness support, education, encouragement, accountability, and practical action planning. It does not diagnose, prescribe or change medications, provide medical treatment, alter physician-directed treatment plans, or replace appropriate medical care.

LOVE PEOPLE WELL

Where Faith Meets Wellness



LIVING WATER WELLNESS

Where Faith Meets Wellness

FEEL SEEN.
FIND DIRECTION.
MOVE FORWARD.

COMPASS-GUIDED WELLNESS SUPPORT
FOR EVERYDAY LIFE

YOU DON'T HAVE TO
NAVIGATE WELLNESS
ALONE.

WHO IS LIVING WATER WELLNESS?

Living Water Wellness is a relationship-centered wellness organization that helps individuals turn wellness goals into realistic, sustainable steps for everyday life.

We begin by listening. We seek to understand the person before recommending solutions, and we encourage progress rather than demand perfection.

OUR MISSION

To encourage and equip individuals to honor God through whole-person wellness by integrating faith, nutrition, healthy habits, and compassionate encouragement.

LOVE PEOPLE WELL.

HOW WE WALK ALONGSIDE YOU

PERSONALIZED WELLNESS SUPPORT

One-to-one support focused on realistic goals, education, encouragement, accountability, and sustainable next steps.

GROUP WELLNESS SUPPORT

Small-group experiences offering wellness education, shared encouragement, accountability, and community.

FAITH-INTEGRATED WELLNESS

Opportunities for individuals who desire to explore wellness through a Christian perspective.

WELLNESS EDUCATION

Practical workshops, resources, and community experiences that support healthier everyday choices.

THE LIVING WATER WELLNESS COMPASS™

The Compass™ is a whole-person wellness framework centered around four guiding questions:

- WHERE AM I?
- WHAT MATTERS?
- WHAT'S MY NEXT STEP?
- WHO WALKS WITH ME?

The Compass™ Discovery Assessment helps us understand your strengths, challenges, priorities, and the kind of support that may be most helpful.

The Compass™ is not a clinical or diagnostic instrument.

Living Water Wellness walks alongside you as you discover your next faithful step.

