



2022-2023

Wellness Coordinator & Health Coach Contact Information

Branch	Wellness Site Coordinator	Coordinator Contact	Marathon Health Coach	Health Coach Phone Number
Atlanta	Heidi Montecino	heidim@atlanticpkg.com 770-629-3100	Luana Heideman	224-301-0519
Baltimore	Sarah Dabrowski	sarahd@atlanticpkg.com 410-844-9106	Eileen McKoewn	651-368-1092
Benton Harbor	Leigh Bishop	leighb@atlanticpkg.com 269-926-6101 ext.25	Luana Heideman	224-301-0519
Charleston Corrugated	Courtney Bussinah	courtneyb@atlanticpkg.com 843-552-2697 ext.3000	Kendra Hopkins	404-710-7493
Charlotte	Brittany Colston	brittanyc@atlanticpkg.com 704-588-1407	Eileen McKoewn	651-368-1092
Dallas	Justin Whittington	justinw@atlanticpkg.com 469-621-4456	Luana Heideman	224-301-0519
Dalton	Debbie Famber	debbief@atlanticpkg.com 706-277-9059	Luana Heideman	224-301-0519
Greensboro Beechwood	Pam Beck	pamb@atlanticpkg.com 336-358-4321	Kendra Hopkins	404-710-7493
Greensboro Spring Garden	Lonnie Howard	lonnieh@atlanticpkg.com 336-834-4133	Kendra Hopkins	404-710-7493
Greenville	Amy King	amyk@atlanticpkg.com 864-444-7561	Kendra Hopkins	404-710-7493
Hickory	Sandi King	sandik@atlanticpkg.com 828-328-1886	Eileen McKoewn	651-368-1092
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Summerville	Richard Farmer	richardf@atlanticpkg.com 843-868-8910	Kendra Hopkins	404-710-7493
Tabor City	Renee Windham	renew@atlanticpkg.com 910-653-7438	Wellness Clinic	910-500-6257
Wilmington	Eryn Johnson, Lynn Vann	eyrnt@atlanticpkg.com lynnv@atlanticpkg.com 910-398-6174	Kendra Hopkins	404-710-7493
Youngsville	Lisa Slaughter	lisasl@atlanticpkg.com (O) 919-657-9817	Kendra Hopkins	404-710-7493
Remote Employees Hazleton Jacksonville Memphis Reno Las Vegas	Melissa Silva	melissas@atlanticpkg.com 775-574-3311	Luana Heideman	224-301-0519

Behavioral Health

Tiffany Huggins | 910-500-6846
Monday 9am-6pm, Tuesday 1pm-6pm, Friday 8am-2pm

Physical Health

Trevor King | trevork@atlanticpkg.com
Atlantic Wellness: Workouts With Trevor

Medical Questions

Eryn Johnson | 910-398-6174 | erynt@atlanticpkg.com

Wellness Coordinator

Michele O'Dell | 864-350-2132 | micheleo@atlanticpkg.com

General Questions

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