



2023-2024

# Wellness Coordinator & Health Coach Contact Information

Branch	Wellness Site Coordinator	Coordinator Contact	Marathon Health Coach & Contact
Atlanta	Heidi Montecino	heidim@atlanticpkg.com   770-629-3100	Ryan Efaw 404-710-7493
Baltimore	Sarah Dabrowski	sarahd@atlanticpkg.com   410-844-9106	Ryan Efaw 404-710-7493
Benton Harbor	Leigh Bishop	leighb@atlanticpkg.com   269-926-6101 ext.25	Ryan Efaw 404-710-7493
Charleston Corrugated	Sabrina Stewart	sabrinast@atlanticpkg.com   843-552-2697 ext.3002	Ryan Efaw 404-710-7493
Charlotte	Brittany Colston	brittanyc@atlanticpkg.com   704-588-1407	Ryan Efaw 404-710-7493
Dallas	Justin Whittington	justinw@atlanticpkg.com   469-621-4456	Ryan Efaw 404-710-7493
Dalton	Michel Marshall	michelm@atlanticpkg.com   706-277-9059	Ryan Efaw 404-710-7493
Greensboro Beechwood	Pam Beck	pamb@atlanticpkg.com   336-358-4321	Ryan Efaw 404-710-7493
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Hickory	Sandi King	sandik@atlanticpkg.com   828-328-1886	Ryan Efaw 404-710-7493
Memphis	Mary Ryder	maryr@atlanticpkg.com   901-203-3823	Ryan Efaw 404-710-7493
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Summerville	Richard Farmer	richardf@atlanticpkg.com   843-868-8910	Ryan Efaw 404-710-7493
Tabor City	Renee Windham	reneew@atlanticpkg.com   910-653-7438	Wendy Meares 910-500-6257
Wilmington	Eryn Johnson, Lynn Vann	erynt@atlanticpkg.com   910-398-6174 lynnv@atlanticpkg.com   910-398-6135	Ryan Efaw 404-710-7493
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Remote Employees Hazleton Jacksonville Reno Las Vegas	Melissa Silva	melissas@atlanticpkg.com   775-574-3311	Ryan Efaw 404-710-7493

## Medical Questions

**Eryn Johnson**

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## General Questions

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## Wellness Coordinator

**Becca Schusler**

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## Behavioral Health

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Monday 8a-6p, Tuesday 12p-4p, Wednesday 9a-1p, Thursday 9a-12p