



BEST Health

Fall 2025

All About Me

Get to Know Your Wellbeing Team Members!





BESTHealth

Fall 2025

Wellbeing Specialists

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Nurse Care Coordinators

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Registered Dietitian

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Operations Coordinator

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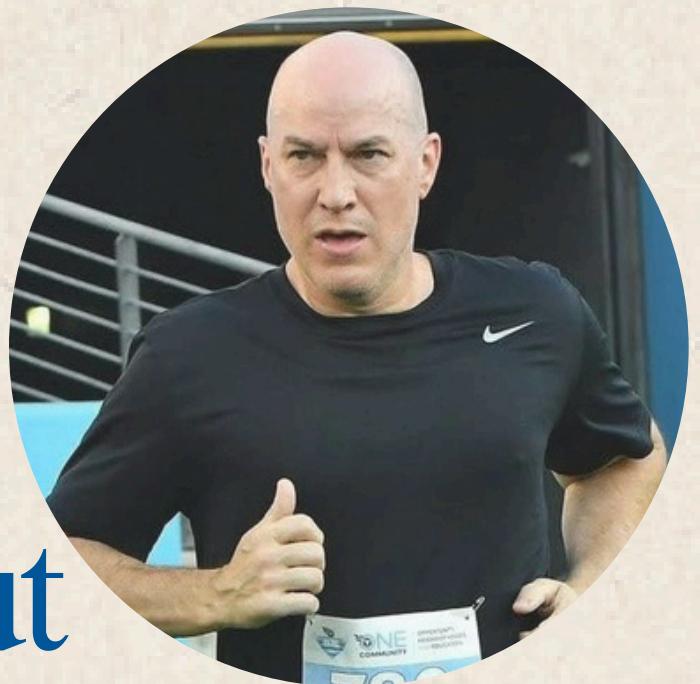


BESTHealth

Wellbeing Specialist

Patrick Conn

All About Me



Hometown
Carthage, MS

College/Degrees

Master's Degree in Exercise Science,
Mississippi State University

Foods that Make Me Feel Energized and Balanced

Whole foods within all the 5 food
groups.

My Dream Workout Partner

Arnold Schwarzenegger

My Favorite Part of Being on the BestHealth Team

That our supervisor encourages us to focus on our personal
wellbeing on a daily basis.

The Area of Wellbeing I'm Most Passionate About
The Physical Dimension of Wellbeing

My Inspiration to be Fit

Optimal health & vitality.

Favorite Physical Activity

Playing golf.

My Relationship with Rest

High quality sleep.

My Bucket List

Travel to all the European
countries.

The Small Daily Ritual that Brings Me Joy

Devotionals

What Helps Me Feel Centered

Prayer

Words to Live By



**Information plus
application equals
transformation.**



BESTHealth

Wellbeing Specialist

Kimberley Butler

All About Me

Hometown

Baldwyn, MS

College/Degrees

Bachelor's degree in Fitness Management from Mississippi State University,
Master's Degree in Business Administration

Foods that Make Me Feel Energized and Balanced

I would have to say that I feel my best when I eat a bit lighter. Chicken, fruit, and protein shakes are staples for me. I don't like feeling really full and heavy.

Favorite Recipe to Share

Super Simple Yogurt Bark: Mix 1 cup Greek yogurt and 1 cup fruit- spread it on a pan and freeze it. Break it up into pieces for a super simple healthy treat.

My Dream Workout Partner

Charles Glass, for sure. He's the Godfather of Body Building- Working out with him would be like stepping into a masterclass in muscle mechanics. It would be a dream to workout with him just once!

My Favorite Part of Being on the BestHealth Team

Honestly, it's nice to know that there is a team of us that have the same goal- which is to help others and each other be the best we can be.

**"If you want something you've never had before,
you have to be willing to do something you've never done before"**

~Phil Heath



The Area of Wellbeing I'm Most Passionate About

My passion for Physical Well-being has always been a part of who I am. I feel that movement can heal a lot more than just our physical bodies.

Favorite Physical Activity

The gym is my happy place. It's always been my favorite way to stay active and I can let everything go.

My Inspiration to be Fit

I've been personal training for over 25 years, and I've always known this is what I was meant to do. Fitness isn't just my career- it's the biggest part of who I am.

My Relationship with Rest

I've learned or am learning that rest is just as important as effort. It's necessary to rest with intent, however, I'm still learning how to do that.

My Bucket List

Life is short, instead of a bucket list, I focus on what brings me joy now- making memories with my family and friends. Creating memories with my kids that they can smile and laugh about when I'm gone.

The Small Daily Ritual that Brings Me Joy

At the end of the day, I'll sit on my patio alone, no phone, no talking, I just like sitting quietly even if it's only for just a few minutes.

What Helps Me Feel Centered

I have to be organized and clean. If I make my schedule, to-do list, my house is clean, car etc. I feel more relaxed. I do not like chaos or messiness.

Words to Live By



BESTHealth

Wellbeing Specialist

Ryan Moran

Hometown

Memphis, TN

College/Degrees

University of Memphis

Master of Science - Health and Human Performance

Foods that Make Me Feel Energized and Balanced

A breakfast of berries and scrambled eggs helps me feel energized and balanced.

Favorite Recipe to Share

Pan-seared salmon with a brown butter sauce infused with lemon and fresh herbs.

My Dream Workout Partner

David Goggins—his mental toughness, relentless discipline, and ability to push beyond perceived limits make him an inspiring figure to train alongside.

My Favorite Part of Being on the BestHealth Team

Witnessing participants feel excited and proud of their health achievements is incredibly rewarding. Supporting their journey and celebrating their progress makes the work both meaningful and inspiring.



All About Me

The Area of Wellbeing I'm Most Passionate About

I'm most passionate about physical activity and exercise to support not only physical health but also mental clarity and resilience.

Favorite Physical Activity

My current favorite is downhill mountain biking, which I enjoy for its intensity and technical challenge. I also regularly participate in rock climbing, snow skiing, and ultimate frisbee—all of which keep me active and engaged in the outdoors.

My Bucket List

Experience heli-skiing in the Chugach Mountain Range of Alaska.

The Small Daily Ritual that Brings Me Joy

Preparing a shot (or two) of espresso each morning is a small ritual that brings me joy.

What Helps Me Feel Centered

Spending Sunday evenings with my parents and family over dinner helps me feel grounded and connected. I also enjoy taking my dog for walks in the park, which provides a peaceful moment to reset.

My Inspiration to be Fit

My biggest inspiration comes from my parents, who continue to prioritize fitness and an active lifestyle as they approach retirement.

My Relationship with Rest

I prioritize getting a full night's sleep to feel and perform at my best each day.

Words to Live By

"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health."

~Hippocrates



BESTHealth

Wellbeing Specialist

Amber Paxton

All About Me

Role:

Wellbeing Specialist

Hometown

Memphis, TN

College/Degrees

Bachelor of Science, Exercise Science – East TN State University

Master of Public Health – Western Governors University

Foods that Make Me Feel
Energized and Balanced

Granny Smith apples, spring
mixed salad with tuna and baked
salmon with spinach.

Favorite Recipe to Share

Stuffed Bell Peppers

My Favorite Part of Being
on the BestHealth Team

Being able to do what I love.
Helping individuals reach their
wellness goals and doing so with
an excellent team!



The Area of Wellbeing I'm Most Passionate About

I am passionate about physical wellbeing and overall health. Being able to move your body is a blessing. It is rewarding to teach others the importance of moving their bodies and the benefits that come with it.

My Bucket List

Travel to Japan.

*The Small Daily Ritual
that Brings Me Joy*

Going to Pilates and teaching
others how to move their bodies
with intention.

What Helps Me Feel Centered

The relationship I have with God!

Words to Live By

**But seek ye first the
kingdom of God, and
his righteousness; and
all these things shall be
added to unto to you.**

~Matthews 6:33

My Relationship with Rest

Rest is essential to me, and I
believe it is vital for a healthy
lifestyle. I aim to get at least 7- 8
hours of sleep each night. I go to
bed and wake up at the same time
daily, establishing a health routine.

My Inspiration to be Fit

My inspiration to be fit is longevity.

My Dream Workout Partner:

Billy Blank or Tracy Anderson

Favorite Physical Activity

Pilates & spin class.



BESTHealth

Wellbeing Specialist

Ariel Vincent-Doe



Hometown

Flint, Michigan

College/Degrees

- Western Michigan University - Bachelor of Science in Exercise Science
- University of Michigan - Master of Public Health (MPH)
- Certifications: ACSM Certified Personal Trainer, Certified Health Education Specialist (CHES), ACE Certified Health Coach, Preventative Health Specialist

Foods that Make Me Feel Energized and Balanced

Fresh vegetables are my go-to for feeling energized and balanced, especially when enjoyed in a colorful, vibrant salad.

Favorite Recipe to Share

Veggie Egg Bites

Makes: 12 muffin bites

Prep Time: 10 minutes

Cook Time: 20-25 minutes

Ingredients

- 12 eggs
- 1/4 c milk (your choice)
- 1/2 c diced bell peppers
- 1/4 c chopped spinach
- 1/4 c diced onions
- Salt, pepper & garlic powder for taste
- 1/4 c shredded cheese (optional)

Instructions:

1. Preheat oven to 350°F
2. Lightly grease a 12-cup muffin tin with cooking spray.
3. In a large bowl, whisk eggs and milk until combined. Season with salt, pepper, and garlic powder.
4. Stir chopped vegetables and shredded cheese into egg mixture.
5. Pour egg mixture into each muffin cup, filling them about 3/4 full.
6. Bake 20-25 mins. A toothpick inserted into the center should come out clean.
7. Let cool for a few minutes & serve warm.

The Area of Wellbeing I'm Most Passionate About

Exercise is the area of wellbeing where I have the most passion.

Favorite Physical Activity

I love getting outdoors for walks and incorporating strength training into my routine.

My Inspiration to be Fit

My primary inspiration is to maintain my physical and mental health.

My Dream Workout Partner

Jeanette Jenkins (Celebrity Personal Trainer)

My Relationship with Rest

I truly value rest. Rest is essential for my mind and body to feel at ease.

My Favorite Part of Being on the BestHealth Team

I love being part of a team dedicated to helping people improve their health and well-being every day. It is rewarding knowing we are supporting the heroes in our organization—the ones who serve our community and truly save and better lives through healthcare. Contributing to something that makes a real difference is so rewarding and fulfilling.

Words to Live By

I can do all things through Christ who strengthens me!
~Philippians 4:13



BESTHealth

Wellbeing Specialist

Shannon Willoughby

Hometown

Olive Branch, MS

College/Degrees

Bachelor & Master's in Dietetics & Nutrition, University of Mississippi

Foods that Make Me Feel Energized and Balanced

I love to eat seasonally, and I love to eat locally. I feel energized and balanced when I can use foods straight from the market grown by the people right around my town.

Favorite Recipe to Share

My favorite recipes are typically not recipes at all. They are foods I enjoy that can be thrown together quickly and bring nutritional satisfaction. My daily go-to is Native Sons out of Tupelo, MS fresh-made sourdough bread—griddled in a cast iron skillet with two over easy eggs. My second “throw together” daily meal is plain full fat yogurt, blueberries or bananas, peanut butter, cinnamon & chia seeds. Simple, filling and nutritious.

My Favorite Part of Being on the BestHealth Team

Seeing how far we have come. The growth from year to year – within the team and within myself. It's been a great 8 years!



All About Me

The Area of Wellbeing I'm Most Passionate About

Food and fasting.

Favorite Physical Activity

I've played tennis my whole life. My grandparents taught me at a young age, and they still play to this day. I love that I can always pick tennis up no matter where I am in life, no matter how long it has been. And I hope I can play into my 90s like my grandparents.

My Inspiration to be Fit

My two little girls.

My Dream Workout Partner

My husband. One day we will be able to workout together again!

My Relationship with Rest

I sleep like it's my job. 7-9 hours every night sets my day up for success.

My Bucket List

Earn a doctorate in Psychology to connect my nutrition background with the mental mindset so closely related to our decisions related to overall wellbeing.

The Small Daily Ritual that Brings Me Joy

Getting a workout in at 5am before the family wakes up. Just 30 minutes brings me into the day full of peace and joy.

What Helps Me Feel Centered

Loving God and loving people.

Words to Live By

“Everything happens. And it's ok.”
~My favorite quote by my 3-year-old



BESTHealth

Nurse Care Coordinator

Holly Cook

Hometown

Ripley, MS

College/Degrees

BSN Nursing

Foods that Make Me Feel Energized and Balanced

I love fresh veggies. Having a plate that looks like a rainbow makes me happy. I love sushi and poke bowls.

Favorite Recipe to Share

I love sharing quick easy meals ideas like sheet pan meals or crock pot meals. Delta tomatoes are also a fav to share.

My Dream Workout Partner

I love to dance, so it would be fabulous dancer like Shakira or Beyonce.

My Favorite Part of Being on the BestHealth Team

Everyone on the BestHealth team brings different strengths and ideas to help motivate our patients and each other in different ways. My favorite part is collaborating for ideas to help a patient get on track and improve their health.



All About Me

The Area of Wellbeing I'm Most Passionate About

Emotional & spiritual. I think once those aspects are in check, it makes it easier for the other areas to fall into place.

Favorite Physical Activity

Anything fun with my family: hiking, biking, kayaking, snorkeling, back yard volleyball and walking our dogs.

My Bucket List

New York Girls' trip

The Small Daily Ritual that Brings Me Joy

Prayer time, talking to my kids about their day when they get home from school, getting a Facetime call from my college girl.

My Relationship with Rest

I struggle with this one. In my off time, I want to squeeze in as much fun as possible with my daughters. I also try to squeeze in projects here and there. Rest is something I need to work on prioritizing.

What Helps Me Feel Centered

My faith (prayer, bible study, worship music) and daily talks with my mom.

Words to Live By

Rejoice in the Lord always, I will say it again: Rejoice! Let your graciousness be known to everyone. The Lord is near. Don't worry about anything, but in everything through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

~Philippians 4:4-7



BESTHealth

Nurse Care Coordinator

Melissa Bateman

Hometown
Ripley, MS

College/Degrees

Associate Degree in Nursing and
Bachelor of Science in Nursing

Foods that Make Me Feel Energized and Balanced

Fruits and vegetables, nuts, and lean protein. I like having a balanced, light meal with grilled chicken or salmon, paired with steamed vegetables and fresh berries for dessert.

Favorite Recipe to Share

Wow, there are too many to choose from! I can't think of just one. Just check out the

[BestHealth link for great recipes.](#)

Favorite Physical Activity

Riding horses and enjoying all things outdoors.

My Favorite Part of Being on the BestHealth Team

Being able to see my patients reach their goals. No matter how big or small, each goal met brings me so much joy.



All About Me

The Area of Wellbeing I'm Most Passionate About

I am most passionate about physical and mental health! You can't reach your best health without understanding that wellbeing encompasses both. They go hand in hand.

My Relationship with Rest

I love rest! Finding the balance is hard, but it's very important to make the time to rest both physically and mentally.

My Inspiration to be Fit

I want to be fit so I can be the best version of myself. That way, I can have the energy, strength, and best mental and physical health needed to be there for my family.

My Dream Workout Partner

I don't really have one, but if I had to choose, I would pick Carrie Underwood.

My Bucket List

I've never really had one. I like living in the moment and focusing on small goals, then building on those goals.

The Small Daily Ritual that Brings Me Joy

My time early in the morning feeding the horses and being outside, marveling at God's goodness and creation.

What Helps Me Feel Centered

My family and prayer.

Words to Live By

**Every day is a
chance to be better.**



BESTHealth

Nurse Care Coordinator

Amanda Covington

Hometown

Blue Springs, MS

College/Degrees

Bachelor of Science in Nursing

Foods that Make Me Feel Energized and Balanced

I love meals with proteins like chicken, venison, and lean beef paired with fresh vegetables for a healthy, satisfying balance.

Favorite Recipe to Share

Golden Beet Salad with Pistachios and Goat Cheese

Ingredients

Salad

- 4 medium golden beets (about 12 oz), scrubbed clean
- Olive oil
- 4 oz baby arugula
- 1/4 c walnuts, chopped (can substitute pecans or pistachios)
- 1 oz goat cheese, crumbled

Orange Beet Vinaigrette

- 1/2 c orange juice
- 2 tsp balsamic vinegar
- 1 tsp Dijon mustard
- 1/2 c extra virgin olive oil
- Kosher salt and freshly ground black pepper

Instructions:

1. Preheat oven to 400°F.
2. Trim tops off beets and drizzle with olive oil. Line sheet pan with foil and place beets on it. Cover beets with second piece of foil, folding edges to seal. Roast until beets are fork tender, about 1 hour. Let cool slightly and peel off beet skins with a knife under running water to minimize staining.
3. While beets are cooking, whisk orange juice, vinegar, and mustard together in a bowl. Slowly drizzle in olive oil, whisking continuously until incorporated. Season vinaigrette with salt and pepper to taste.
4. Cut beets into wedges and toss with about 2 tbsp of vinaigrette (the warm beets will absorb the vinaigrette better).
5. Toss arugula with just enough vinaigrette to coat leaves and save the rest to serve on the side. Top the arugula with the roasted beets, walnuts and goat cheese. Enjoy!



All About Me

The Area of Wellbeing I'm Most Passionate About

I am most passionate about the mental and spiritual side of wellbeing...taking time to slow down, reflect, and stay focused.

Favorite Physical Activity

Mat Pilates + Cardio Combo, Reformer Pilates, and Spin.

My Inspiration to be Fit

My daughters are what drive me every day. I prioritize my health and presence so I can fully support my daughters—physically, emotionally, and mentally. They deserve the best version of me, and that is what I strive to be every day.

My Dream Workout Partner

My husband would be my dream workout partner. He is always encouraging and motivating me to be the best version of myself. Our commitment to our daughters and work do not currently allow us to work out together.

My Favorite Part of Being on the BestHealth Team

The best part of being on the BestHealth Team is connecting patients with the right resources and providing support to help them confidently navigate their healthcare journey and achieve their goals.

Words to Live By

Always pray to have eyes that see the best in people, a heart that forgives the worst, a mind that forgets the bad, and a soul that never loses faith in God.

~Author Unknown



BESTHealth

Nurse Care Coordinator

Laurie Harlow



Hometown
Pontotoc, MS

College/Degrees
BSN, Mississippi University for Women

*Foods that Make Me Feel
Energized and Balanced*

I love avocados, cinnamon blueberry smoothies, yogurt, apples and peanut butter.

Favorite Recipe to Share
Black Bean Avocado Salad

Ingredients:

- 2 avocados
- 1 tomato
- 1/2 onion
- 1 can of black beans- rinsed and drained,
- 1/4 cup of cilantro
- 1 clove of garlic
- 2 tablespoons of olive oil
- 1 lime to squeeze
- a little salt and pepper.

Instructions:

1. Chop up the tomato, avocados, onion, cilantro.
2. Mix all that together with the beans.
3. Mix olive oil, garlic, lime juice, salt, pepper.
4. Pour the dressing over the salad and mix in well.

The Area of Wellbeing I'm Most Passionate About

I would say probably spiritual wellbeing because I have found that when I remind myself of my greater purpose in life, other areas feel more manageable.

Favorite Physical Activity

I love dancing in my living room with my kids. I also enjoy swimming and hiking (although I haven't gotten to do that in a long time).

My Inspiration to be Fit

My kids are my inspiration to be fit because I want to be able to play, dance, climb or do whatever they enjoy with them for as long as possible.

My Dream Workout Partner

Someone can go anytime I can and does not let me off the hook.

My Favorite Part of Being on the BestHealth Team

I like being part of a company's mission to take care of its employees. Being able to play a role in providing medications to employees for free and the concept of walking with them to achieve better health seems like a job worth doing. I'm new, but the flexibility and the team seem amazing too.

My Relationship with Rest

I love it and it loves me. I'm a champion nap-taker.

My Bucket List

Learn to play an instrument well, be fluent in Spanish, and go on long camping trip somewhere amazing with my spouse.

*The Small Daily Ritual
that Brings Me Joy*

I love my coffee in the morning while driving and listening to music.

What Helps Me Feel Centered

Prayer and listening to a good audiobook.

Words to Live By

Treat others how you want to be treated.



BESTHealth

Nurse Care Coordinator

Brandie Hopkins

Hometown
Ripley, MS

College/Degrees

NEMCC ADN & University of Mississippi Medical Center BSN



All About Me

Foods that Make Me Feel Energized and Balanced

Peanut butter (I eat it every day), almonds, oatmeal, vanilla Greek yogurt.

Favorite Recipe to Share

Greek cucumber salad

1 cucumber quartered & thinly sliced, cherry tomatoes quartered, 1/2 medium red onion halved & thinly sliced, 3/4 cup of sliced olives, 1/2 bottle of store-bought Greek salad dressing, sprinkle of feta cheese, dash of salt & pepper to taste.

Mix all ingredients and allow to marinate in refrigerator for 2 hours before serving.

My Relationship with Rest

I TRY to get 7 hours of sleep per night but that can be a struggle sometimes. Weekend naps are very enjoyable for me!

My Favorite Part of Being on the BestHealth Team

The BestHealth team is always willing and able to assist me when I need help. Our team has diverse perspectives, knowledge and assorted skills to provide support.

The Area of Wellbeing I'm Most Passionate About

I enjoy helping individuals learn how they can manage diabetes or hypertension with medication adherence and lifestyle modification. Assisting someone to understand modifiable risk factors and how to treat those by providing them support and resources is rewarding when that individual reaches a goal.

My Inspiration to be Fit

Maintaining my energy level to participate in activities with my grown children and play with my granddaughter. Demonstrating balanced eating and physical activity will influence the health habits of my family, which is very important to me.

Favorite Physical Activity

I enjoy walking outdoors at our local lake and using my exercise bike.

My Bucket List

Visit all 50 states in the U.S., tour Italy, and own a beach condo or house

The Small Daily Ritual that Brings Me Joy

Drinking my morning cup of coffee

What Helps Me Feel Centered

Routine, especially in the morning. I like to begin my day with coffee, prayer and exercise.

Words to Live By

Start each day with a positive thought and a grateful heart.



BESTHealth

Registered Dietitian

Hannah Peters

Hometown
Collierville, TN

College/Degrees

University of Memphis: Master's in Clinical Nutrition, Bachelor of Science in Health Studies with a concentration in nutrition
Certifications: Registered Dietitian Nutritionist (RDN), Certified Specialist in Oncology Nutrition (CSO)

Foods that Make Me Feel Energized and Balanced

A balanced plate! Having protein, fiber, and a healthy fat with my meals. One of my favorite meals is sheet pan salmon and vegetables. It is super easy to make and very nutritious.

Favorite Recipe to Share

[Sheet Pan Salmon with Sweet Potatoes and Broccoli](#)

Favorite Physical Activity

- Hiking
- Group Classes: Body Pump + Spin

My Relationship with Rest

Rest is so important for our bodies to heal and function well. I LOVE to sleep. I don't get to do it as much as I would like now with a one-year-old, but I still prioritize getting at least 7 hours of sleep each night.

My Favorite Part of Being on the BestHealth Team

I love getting to know my clients, sharing the knowledge I have from my schooling and training, and helping tailor nutrition to their health and needs.



The Area of Wellbeing I'm Most Passionate About

Nutrition: Nourishing our bodies well is SO important for our overall health and wellbeing. Today, the lack of nutrition education in school, culture of busyness, and access to fast and processed foods, are making it much harder to fuel our bodies with nutritious foods. Without proper nutrition, our bodies cannot function well. Every day, we have the opportunity to make small changes to increase intake of whole foods like fruits, vegetables, beans, nuts, seeds, fish, dairy, etc. These changes can affect us and our family members for the rest of our lives. What a gift!

My Inspiration to be Fit

Quality of life and longevity. I desire to be healthy and mobile as I age to see my son grow up and to travel the world.

My Bucket List

- Visit all the National Parks in the U.S.; Fun fact I have been to 16 so far.
- Travel to Iceland.
- Obtain an additional nutrition certification.

The Small Daily Ritual that Brings Me Joy

Starting my day off with a yummy breakfast and an herbal tea.

What Helps Me Feel Centered

I love to spend some time outdoors: getting a breath of fresh air, taking a walk, or sitting on the patio with family.

Words to Live By

“One cannot think well, love well, or sleep well, if one has not dined well.”

~Virginia Woolf



BESTHealth

Operations Coordinator

Edith Gill

**All About
Me**

Hometown

Olive Branch, MS



College/Degrees

Prior to coming to Baptist, I retired after working 40 years as Executive Assistant at Fred's Inc.

My Relationship with Rest

I try to get 6-7 hours per night.

Favorite Physical Activity

Walking and gardening.

My Favorite Part of Being on the BestHealth Team

It is such a pleasure to be part of a team that is devoted and caring who all want the same results, to encourage and help our fellow Baptist Team Members to be healthy and live their best lives.

My Inspiration to be Fit

My six grandchildren – 5 boys and 1 girl

Foods that Make Me Feel Energized and Balanced

Fresh homegrown vegetables.

My Bucket List

Go on a cruise.

What Helps Me Feel Centered

My faith

The Small Daily Ritual that Brings Me Joy

Prayer time on the way to work every morning.

