

# CURRENT SCHEDULE

## TIMKEN HEALTH AND WELLNESS CENTER



**Stacey Remlinger,**  
*Registered Nurse*

**Tuesdays and Thursdays**  
7:30 am - 4:00 pm

Stacey can help with:

- Biometric screenings
- Healthcare navigation and education
- Transparency tools
- In-network providers
- Primary Care Provider engagement



**Joy Benjamin,**  
*Registered Dietitian*

**Wednesdays and Thursdays**  
7:30 am - 4:00 pm

Joy can help with:

- Eating healthy
- Nutrition consulting
- Cafeteria and grocery store navigation
- Meal planning and prep
- Truth about unhealthy eating



**Maranda Nowlin,**  
*Clinical Counselor*

**Wednesdays**  
7:30 am - 12:00 pm

Maranda can assist with personal or family issues relating to:

- Elder care
- Stress
- Depression
- Anger
- Self-image
- Relationships
- Substance abuse treatment
- Parenting

## HOW TO SCHEDULE A CONFIDENTIAL APPOINTMENT AT THE HEALTH AND WELLNESS CENTER

1. Visit [www.aultcare.com/timken](http://www.aultcare.com/timken)
2. Select the Health & Wellness Center Registration button
3. Select Nurse, Dietitian, or Counselor
4. Follow the prompts until your appointment is confirmed
5. Check your inbox for an email confirming your appointment