Meredith Garrou graduated from Pensacola Christian College with both her Bachelor's and Master's degrees in Education with a minor in music. It was there in Florida that she met her husband. They have five children. Two of them have graduated with HEART in recent years. She has been teaching piano, homeschooling her children, or teaching in Christian schools for the past 30 years. Most recently, she was principal of Christian Life Center Academy. She looks forward to teaching at Home Run Ministries.