



Dan Abraham Healthy Living Center - Publications
2015 – Present

<i>Title</i>	<i>Citation Link</i>
Association of Worksite Wellness Center Attendance With Weight Loss and Health Care Cost Savings: Mayo Clinic’s Experience	JOEM 2015;57(3):229-234.
Improving Sleep: Outcomes From a Worksite Healthy Sleep Program	JOEM 2015;57(1):1-5
Development and Impact of a Worksite Wellness Champions Program	Am J Health Behav. 2016;40(2):215-220
Randomized Pilot Trial of Yoga Versus Strengthening Exercises in Breast Cancer Survivors with Cancer-Related Fatigue	Support Care Cancer 2016 Sept;24(9):4005-4015
Improvements in Health Behaviors, Eating Self-Efficacy, and Goal Setting Skills Following Participation in Wellness Coaching	Am. J. Health Promot. 2016;30(6):458-464.
High Stress and Negative Health Behaviors: A Five-Year Wellness Center Member Cohort Study	JOEM 2016 Sept; 58(9):868-73