

References & Recommended Reading List

Allen Ph.D., Judd (2008) *Wellness Leadership: Creating Supportive Environments for Healthier and More Productive Employees*

Bray, Ilona (2012) *Healthy Employees, Healthy Business: Easy, Affordable Ways to Promote Workplace Wellness*

Edelheit, Jonathan (2013) *Engaging Wellness: Corporate Wellness Programs that Work*

Justice, Greg (2013) *Lies & Myths about Corporate Wellness*

Karlo Gantner Ed.D, Rose (2012) *Workplace Wellness: Achieving Health Dividends for Employers and Employees*

Lowe, Graham (2010) *Creating Healthy Organizations: How Vibrant Workplaces Inspire Employees to Achieve Sustainable Success*

Overman, Stephanie (2009) *Next-Generation Wellness at Work*

Vance Ph.D., Carol (2013) *Boost Employee Health and Wellness: Getting to the Heart of the Matter*