



**Dr. Sara Johnson**

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Dr. Sara Johnson is the co-president and CEO of Pro-Change Behavior Systems, Inc., a behavior-change consulting firm and solution provider that empowers people to experience life-changing breakthroughs in health and well-being. She is also the co-editor of *The Art of Health Promotion*. In 2019, Dr. Johnson received the Health Enhancement Research Organization's Mark Dundon Research Award and was named one of the 50 on Fire by Rhode Island Inno. She was named the Health Care Services Woman to Watch by *Providence Business News* in 2018, and in 2015, she was selected as a Top 10 Health Promotion Professional by the Wellness Council of America. In her 22 years at Pro-Change, she has been responsible for generating and leading the implementation of innovative research and development opportunities as well as creating and expanding strategic business alliances. Dr. Johnson has been the principal investigator on over \$6 million in National Institutes of Health grants to examine the effectiveness of evidence-based health and well-being interventions, and she has contributed to more than 40 publications.