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For Immediate Release

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John Sollers to give free public lecture at Quest University Canada

Quest University Canada is pleased to welcome Professor John Sollers from the Department of Psychological Medicine in the Faculty of Medical & Health Science at the University of Auckland, Auckland, NZ. Dr. Sollers will give a free lecture on Monday November 14th, 2011 at 7:30pm in the Multipurpose Room at Quest University Canada. This talk is part of Quest's monthly colloquium series speakers.

In his presentation entitled "Beyond the Pump... Heart Rate Variability and Health," Professor Sollers will speak about his research into heart rate variability (HRV), a physiological measurement of the variation of heart beat intervals. Low HRV is often associated with increased emotional arousal such as stress, anxiety, and poor attentional, and cardiovascular regulation. Research suggests a link between reduced HRV and the increased risk of psychological disease or mortality. Dr. Sollers will emphasize interconnections between the pre-frontal cortex and the cardiovascular system, and how HRV relates to the functioning the central nervous system.

Professor Sollers received his Doctorate from The University of Missouri-Columbia, and carried out his Post Doctoral Fellowship at the University of Oklahoma's Health Sciences Center. He has worked as a Research Professor at the Ohio State University, as well as a Staff Scientist at the American National Health Institute. Currently, he is the Chief Researcher at the Healthy Thinking Institute at the University of Auckland Auckland, NZ.

Professor Sollers is Quest's featured speaker for the monthly Colloquium Series. His lecture will take place on Monday November 12th at 7:30pm in the Multipurpose Room at Quest University Canada. This is a free public event, and all members of the community are invited to attend.

More About Quest University

Quest University Canada is Canada's first independent, non-profit, nonsectarian university in the liberal arts and sciences. With its unique, rigorous academic curriculum, Quest graduates students with a Bachelor of Arts and Sciences, and is focused entirely on excellence in undergraduate education.

For more information, please contact Melanie Koenderman at 604-898-8000 (melanie.koenderman@questu.ca) or visit: <http://www.questu.ca>