



2016 Arthur C. Guyton Distinguished Lecturer

Monika Fleshner, Ph.D.

Professor

Department of Integrative Physiology

Center for Neuroscience

University of Colorado at Boulder

Monika Fleshner is a professor in the Department of Integrative Physiology and a member of the Center for Neuroscience at the University of Colorado at Boulder. She is the director of the Stress Physiology laboratory and teaches undergraduate and graduate immunology. Dr. Fleshner is the winner of the 2016 Arthur C. Guyton Distinguished Lectureship Award from the Association of Chairs of Departments in Physiology.

Her integrative research program focuses on understanding 1) the impact of acute and chronic stressor exposure (mental and physical) on behavior, neural, hormonal and immunological function; 2) how such systems interact to affect the whole organism; and 3) the mechanisms of increased stress robustness (resistance/resilience) produced by exercise, prebiotics and cannabis constituents.

She has published ~190 peer-reviewed articles and serves on the editorial boards of the *Neurobiology of Stress, Brain, Behavior and Immunity* and *Frontiers in Neuroscience*. Previously, the National Science Foundation and the National Institutes of Health; and currently Mead Johnson Nutrition and the Office of Naval Research, fund her research. Dr. Fleshner previously served as the Chair of the Boulder Faculty Assembly (BFA) Budget and Planning Committee (2014-2016), a member of the BFA Executive Committee (2014-2016), faculty associate for the Vice Chancellor for Research at the University of Colorado in Boulder (2009-2013), as President of the International Society for Exercise Immunology (ISEI, 2011-2013), and President (2011-2012) and Secretary/Treasurer (2004-2006) of the Psychoneuroimmunology Research Society (PNIRS).