

As Recovery Becomes a Wellness Priority, Biohackers World Arrives in New York This Weekend

June 27–28 conference will explore why sleep, stress, metabolism, and recovery are becoming central to modern health conversations

NEW YORK, NY, UNITED STATES, June 22, 2026 /EINPresswire.com/ -- A decade ago, most wellness conversations revolved around fitness, nutrition, and weight loss. Today, the focus is expanding to include topics such as sleep quality, nervous system regulation, recovery, metabolic health, and long-term resilience.

Those themes will be at the center of the [Biohackers World Conference & Expo](#), taking place June 27–28, 2026, in New York City. The event marks Biohackers World's first conference in New York. It is expected to welcome more than 1,500 attendees, alongside 30+ speakers and 65+ exhibiting companies from across the health, wellness, and technology sectors.

A Shift in How People Think About Health

In New York, where demanding schedules and constant connectivity are often part of everyday life, recovery has become an increasingly visible part of the wellness landscape. Studios focused on breathwork, cold exposure, mindfulness, and sleep optimization have expanded across the city, reflecting broader interest in understanding how stress, recovery, and lifestyle habits influence long-term health.

At the same time, advances in wearable technology, biomarker testing, and personalized health tools have given individuals more access to information about their own bodies than ever before. The question is no longer simply how to collect data. Increasingly, it is how to use that information in ways that support better health outcomes over time.



New York
June 27-28, 2026
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CONFERENCE AND EXPO
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Topics Reflect Current Wellness Priorities

The New York program will explore many of the themes that continue to gain attention across both the wellness and healthcare sectors.

Sessions will examine:

- microbiome health and disease prevention
- metabolic health and healthy aging
- stress physiology and nervous system recovery
- biomarker testing and personalized wellness
- artificial intelligence in health systems
- environmental exposures and long-term health
- resilience, recovery, and human performance

Among the featured speakers, Sarah Greenfield will discuss advances in microbiome science and their role in preventive health. David Korsunsky will examine how artificial intelligence is being used to analyze health data and support personalized decision-making. Dr. Patrick Porter will explore recovery, neuroplasticity, and strategies for supporting cognitive and emotional well-being.

Additional presentations will address genetics, metabolism, environmental factors, biomarker tracking, and emerging technologies used in health and performance optimization.

From Optimization to Sustainability

One of the recurring themes throughout the conference is a growing shift away from short-term optimization and toward long-term sustainability. Rather than focusing solely on peak performance, many practitioners are increasingly examining how recovery, stress management, sleep, and daily habits influence overall health and quality of life.

"People are becoming more interested in understanding what helps them maintain energy, focus, and resilience over time," said Mick Safron, Founder of Biohackers World. "The conversations we're seeing today are less about quick fixes and more about building sustainable approaches to health."

First New York Edition

The [New York conference](#) represents the latest expansion for Biohackers World, following previous events in Los Angeles, Miami, and Chicago. The two-day program will include keynote presentations, panel discussions, educational sessions, and an expo featuring companies working across diagnostics, wellness technology, recovery systems, and preventive health.

About Biohackers World

Biohackers World organizes international conferences and expos focused on longevity, preventive health, human performance, and wellness innovation. Events bring together researchers, practitioners, entrepreneurs, and technology companies to explore evidence-based approaches to health and well-being.

For more information about the New York conference, visit www.biohackers.world

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