

Biohackers World Chicago 2026 Opens This Weekend, Bringing Together Experts and Innovators in Longevity

Two-day event at The Ritz-Carlton Chicago Downtown will feature 35 speakers, 65+ brands, and hands-on experiences exploring the future of personalized health

CHICAGO, IL, UNITED STATES, September 1, 2026 /EINPresswire.com/ -- [Biohackers World](#) Conference & Expo will take place this Friday and Saturday, September 4-5, 2026, at The Ritz-Carlton Chicago Downtown, bringing together researchers, doctors, entrepreneurs, wellness innovators, and health enthusiasts for two days focused on longevity, preventive health, and human performance.

The Chicago edition is expected to welcome approximately 1,500 attendees, with 35 speakers and more than 65 exhibiting brands exploring how advances in science, technology, and personalized health are changing the way people understand and manage their wellbeing.

The conference arrives as interest in proactive health continues to grow. Consumers are increasingly looking beyond traditional approaches and exploring ways to better understand their own biology through health data, biomarkers, recovery strategies, nutrition, technology, and lifestyle practices.

A Look Into the Future of Personalized Health

The Chicago program will explore how different areas of health are becoming increasingly connected.



Biohackers World Chicago 2026

Sessions will examine topics including:

Biomarker testing and personalized health, including how individuals can establish baselines and better understand changes over time.

Microbiome science and gut health, exploring the relationship between the gut ecosystem, metabolism, inflammation, and long-term wellness.

Artificial intelligence and health data, including how AI may help interpret information from wearables, laboratory testing, genetics, and other sources.

Cellular health and longevity science, including mitochondrial function, NAD+, peptides, and emerging approaches to supporting healthspan.

Recovery and human performance, focusing on sleep, stress regulation, nervous system health, and sustainable performance.

Featured speakers include Case Kenny, bestselling author and mindfulness expert; Dr. Patrick Porter, founder of BrainTap; Dr. Mark Atkinson, longevity and health optimization expert; Dr. Mark Sherwood and Dr. Michele Neil-Sherwood, physicians and bestselling authors focused on longevity science; Robby Besner, founder of Therasage; Andrew Daye, mental performance coach; and Alex Kikel, biohacking and longevity educator.

Beyond the Stage: Hands-On Experiences

In addition to keynote presentations and panel discussions, Biohackers World Chicago will feature interactive experiences designed to help attendees engage with wellness practices directly.

The program will include guided sessions focused on:

- Breathwork for mental performance
- Movement and recovery
- Meditation and nervous system regulation
- Conscious approaches to health optimization
- Practitioner-focused masterclasses on topics including peptide therapy and nitric oxide science

The Expo Hall will feature more than 65 brands showcasing technologies, products, and services across longevity, wellness, diagnostics, recovery, and human performance.

Title Sponsors

Leela Quantum Tech and N1O1 by Pneuma Nitric Oxide will serve as Title Sponsors of Biohackers World Chicago 2026.

Leela Quantum Tech focuses on research into quantum energy technology and its applications in wellness, while N1O1 by Pneuma Nitric Oxide focuses on nitric oxide science and technologies developed around this biological signaling pathway.

A Growing Community Around the Future of Health

Biohackers World is a global community exploring the future of health, longevity, and human performance. Through conferences in major U.S. cities, the organization connects researchers, clinicians, entrepreneurs, wellness brands, and health enthusiasts through education, collaboration, and hands-on experiences.

The Chicago event continues Biohackers World's expansion across U.S. cities, bringing together local communities with global experts and companies working at the intersection of health, technology, and human performance.

Biohackers World Chicago Conference & Expo
September 4–5, 2026
The Ritz-Carlton Chicago Downtown

For more information, visit www.biohackers.world

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