



Professional Training Event

October 22-25, 2026 • Pittsburgh, PA

Thursday, October 22nd

6:00p - 9:00p **Nutritional Frontiers Cocktails & Mocktails Opening Reception**
Rotunda Bar

Friday, October 23rd

7:30a - 8:30a **Nikki Fit**
Circuit Training Workout- 3x15 minute stations

8:00a - 9:00a *Doors Open*

9:00a - 9:30a **Welcome & Introductions**

9:30a - 11:00a **The Longevity Jackpot: Biomarkers That Matter**
Dr. Tracey Stroup

11:00a - 11:30a *Shake Break*

11:30a - 12:30p **Managing the Four Horseman of Metabolic Disease**
Dr. Richard Silva

12:30p - 1:30p *Lunch*

1:30p - 2:30p **Eyes on the Prize: Protecting Vision and Longevity**
Dr. Seema Nanda

2:30p - 3:30p **You Can't Afford to Gamble with the Quality in Your Supplements**
Dinesh Venkateswaren & Jamie Dorley

3:30p - 4:00p *Shake Break*

4:00p - 5:30p **Jeopardy- Wellness Solutions, Business Solutions, PRT Ingredients, Education**

6:00p - 10:00p **Gateway Clipper Dinner River Cruise**

Saturday, October 24th

7:30a - 8:30a **Yoga- Ohio Room**
Kara Heinrich

8:00a - 9:00a *Doors Open*

9:00a - 9:30a **Welcome & Introductions**

9:30a - 11:00a **The Longevity Blueprint: Blue Zone Wisdom Meets Modern Nutrition**
Dr. Bob Rakowski

11:00a - 11:30a *Shake Break*

11:30a - 12:30p **The Hidden Cost of Excess Weight: Every Bite is a Bet!**
Polina Petrusovich

12:30p - 1:30p *Lunch*

1:30p - 2:30p **The Cognitive Jackpot**
Dr. Len Brancewicz

2:30p - 3:30p **Don't Let Stress Bankrupt Your Nervous System**
Dr. Darren Mitchell & Jamie Dorley

3:30p - 4:00p *Shake Break*

4:00p - 5:30p **High Roller Panel—Day 1 vs. Day 2 Speakers Family Feud Style**

5:30p - 6:00p *Book Signing with all Authors*

6:00p - 10:00p **Roaring 20's Prohibition Dinner Dance & Gambling**

Sunday, October 25th

9:00a - 9:30a **Morning Meditation: SQ4U**
Kristine Genovese

9:30a - 12:30p *Weekend Send Off Brunch & Steelers Watch Party*



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Featured Speakers

Jamie Dorley, BS, ACSM

Jamie Dorley is the Founder and CEO of Nutritional Frontiers. With over 30 years in the health and wellness industry, he has dedicated his career to advancing practitioner education, functional nutrition, and innovative clinical solutions while leading Nutritional Frontiers' mission of Making the World Healthy.

Dr. Richard Silva, DC

Dr. Richard Silva is a chiropractic physician with more than 25 years of clinical experience specializing in preventive health, metabolic wellness, and lifestyle medicine. He equips practitioners with practical strategies to prevent chronic disease and optimize long-term patient health.

Dr. Seema Nanda

Dr. Seema Nanda is the Founder and Director of the Nanda Dry Eye & Vision Institute, specializing in dry eye disease, macular degeneration, diabetic retinopathy, and complex ocular conditions. She also serves as an Adjunct Clinical Professor with the University of Houston College of Optometry and is a recognized leader in ocular nutrition and vision preservation.

Dinesh Venkateswaran

Dinesh Venkateswaran is Vice President of Business Development at OmniActive Health Technologies. With more than 15 years in the nutrition industry, he specializes in science-backed ingredients, innovation, quality assurance, and educating practitioners on evidence-based nutritional solutions.

Dr. Tracey Stroup, BS, NMD, HHC

Dr. Tracey Stroup is a Doctor of Naturopathic Medicine, board-certified holistic health coach, and nationally recognized educator in functional medicine. She is passionate about helping healthcare practitioners identify and address the root causes of chronic disease through nutrition, lifestyle medicine, and personalized wellness strategies.

Dr. Bob Rakowski, DC, CCN, DACBN, DIBAK

Dr. Bob Rakowski is an internationally recognized functional medicine educator who has taught more than 10,000 seminars worldwide. Known for translating complex physiology and biochemistry into practical clinical applications, he has spent over four decades helping healthcare professionals improve patient outcomes through evidence-based nutrition.

Polina Petrushevich

Polina Petrushevich is the founder of 7.7 Nutrition and a certified nutritionist with more than 15 years of experience in personalized nutrition, weight management, and sports nutrition. Holding advanced certifications from Precision Nutrition, NASM, and NESTA, she combines evidence-based nutrition with behavioral coaching while mentoring healthcare professionals in building successful wellness practices.

Dr. Darin Mitchell, DC

Dr. Darin Mitchell is the Founder and Lead Chiropractor of his practice and has more than 25 years of experience treating difficult, non-responsive cases. A Summa Cum Laude graduate of Texas Chiropractic College, he is known for his comprehensive approach that integrates chiropractic care, functional medicine, and clinical nutrition.