

Meet our team of experts

Our programs are led by a Provider Team made up of a Registered Nurse, Registered Dietitian/Nutritionist, Mindful Eating Specialist and a Physical Therapist/Fitness Consultant.



Rachel Schmitt, RN

Forward Focus Concierge Medicine
forwardfocusmed.com



Bret Greenberg, DPT, OCS, FAAOMPT

Locstep Concierge Wellness
locstepconciergewellness.com



Sheryl Gray, MS, RDN, LDN

Professional Nutrition Services
professionalnutritionservices.com

For more information on the Programs, registration fees and/or to register contact Marti at ffwellnesscenter@Forwardfocusmed.com or 847-204-5600. Limited availability. Participants will be accepted on a first come first serve basis.