The Future of Wellness Comes to London: ELEVATE by Mumble Forum Returns with Leading Voices in Longevity, Women's Health and Biohacking

Monday 15 June, 2026

London, UK – June 2026 – From biohacking and hormones to longevity and AI-powered healthcare, the future of wellness will take centre stage this month as **ELEVATE by Mumble Forum** returns to London for its highly anticipated second edition.

Taking place on **Saturday 20 June at Fulham Pier**, ELEVATE has rapidly established itself as one of the UK's most exciting wellness and innovation summits, bringing together leading experts, founders, clinicians, nutritionists, entrepreneurs and wellness pioneers for a day dedicated to the future of human health and performance.

Created by award-winning entrepreneur and Mumble Forum founder Monique Hodgson, the event returns bigger than ever following a successful inaugural launch, reflecting the explosive growth of the global wellness industry and the increasing demand for proactive, preventative approaches to health.

As consumers shift their focus from treating illness to optimising healthspan, ELEVATE will explore the biggest conversations shaping the future of wellbeing, from women's health and nervous system regulation to longevity science, cognitive performance, personalised nutrition and emerging health technologies.

WELLNESS IS NO LONGER A TREND, IT'S A CULTURAL SHIFT

The wellness economy is now worth trillions globally, driven by growing consumer interest in preventative healthcare, longevity, functional medicine, mental wellbeing and personalised health optimisation.

Against this backdrop, ELEVATE has become a meeting place for founders, practitioners, investors, creators and consumers seeking practical tools, expert insight and meaningful connection.

Monique Hodgson, founder of Mumble Forum and ELEVATE, said:

"What started as a conversation about the future of wellness has evolved into a powerful community-led movement. People are no longer waiting until something goes wrong to prioritise their health. They're actively investing in their wellbeing, longevity and quality of life. ELEVATE exists to bring together the brightest minds, latest innovations and most important conversations shaping the future of how we live."

THE EXPERTS SHAPING THE FUTURE OF WELLNESS

This year's programme features an impressive line-up of industry leaders and thought pioneers.

Main stage discussions include:

Mind Over Matter: Biohacking Stress and Rewiring Your Nervous System with bestselling author and energy psychology expert Poppy Delbridge, wellness entrepreneur Maude Hirst, clinical hypnotherapist Anna Lancaster, celebrity osteopath Nadia Alibhai and F+NCTION founder Sam Greene.

The Future of Women's Health - exploring hormones, preventative medicine and emerging healthcare innovations with Dr Lafina Diamandis, Reshma Patel, Dr Cristina Hickman and women's health advocate Emilie Lavinia.

The Biohacker's Diet - featuring longevity specialist Mark Dini, nutrition expert Tina Lond-Caulk, supplement founder Kate Living and beauty entrepreneur Grace Fodor.

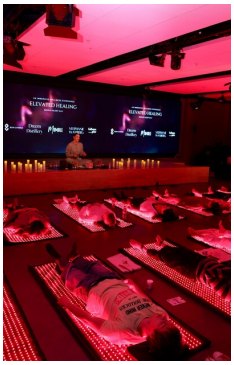
Wellness in the Age of AI - examining how data, technology and artificial intelligence are transforming personalised healthcare with Terry Seals, Méline Liu, Coral Golding and Mark Dini.

Skin Longevity: The Science of Ageing Well - bringing together holistic nutritionist Jennifer Hanway, renowned facialist Libi Ross, Grace Fodor and Rafael Trindade de Oliveira from Nip + Fab.

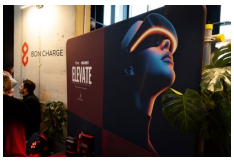
Additional sessions will explore cognitive performance, strength and recovery, functional nutrition, social

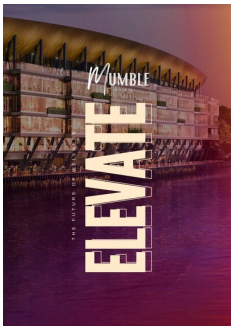
Media:











wellness, supplementation and healthy ageing.

Guests will also hear from award-winning author and transformational coach Rosie Nixon, presenting her framework for reinvention, wellness and longevity.

FROM BIOHACKING TO BREATHWORK

Beyond the conference programme, attendees will experience immersive wellness classes, expert workshops and practical sessions designed to bring theory into practice.

The event features experiences from leading wellness brands and practitioners, including:

- Technogym
- Bhuti
- Ancient + Brave
- Emerald & Tiger
- Mauli Rituals
- Paola's Body Barre
- Volt 50 Mayfair
- Bioatelier

- IM8 Health

Visitors will also gain access to wellness activations, innovative health technologies, longevity-focused brands, functional nutrition experiences and networking opportunities throughout the day.

CREATED BY WOMEN, FOR THE FUTURE

ELEVATE is produced by **Mumble Forum**, the award-winning community and collective dedicated to supporting women through entrepreneurship, innovation, education and meaningful connection.

Founded by Monique Hodgson, Mumble Forum has built a reputation for creating influential experiences that sit at the intersection of wellness, culture, business and female empowerment.

As conversations around women's health, longevity and preventative wellness continue to accelerate, ELEVATE aims to create a platform where education, innovation and community come together under one roof.

EVENT DETAILS

ELEVATE by Mumble Forum
Saturday 20 June 2026
10:00am – 6:00pm

Fulham Pier
Stevenage Road
London SW6

Tickets

50% Discount Code: MUMBLE50

Website

www.mumbleforum.com

PRESS & INFLUENCER ENQUIRIES

For interviews, speaker opportunities, media accreditation, imagery, press materials, influencer attendance or further information regarding ELEVATE, please contact:



Related Sectors:

Consumer Technology :: Food & Drink :: Health :: Leisure & Hobbies :: Lifestyle & Relationships :: Medical & Pharmaceutical :: Men's Interest :: Retail & Fashion :: Sport :: Women & Beauty ::

Related Keywords:

Health :: Longevity :: Bio-Hacking :: Wellness :: Wellbeing :: Beauty :: Sport :: Fitness :: Mindfulness :: Aesthetics :: Clinics :: Summit :: Speaker Panels :: Women's Health ::

Scan Me:

Lady Charlotte Lynham
Founder, LadyCPR
charlotte@ladycpr.com
+44 7966 519777

Lorna Oakley
Senior Account Manager
lorna@ladycpr.com

Lily Niu
Social & Lifestyle Manager
lily@ladycpr.com

www.ladycpr.com

Company Contact:

LadyCPR

T. 07966519777
E. info@ladycpr.com
W. https://www.ladycpr.com/

Additional Contact(s):
CEO - charlotte@ladypr.com
Partnerships & Digital - lorna@ladycpr.com
Social Lifestyle & Content - Lily@ladycpr.com
Marketing - luoana@ladycpr.com

View Online

Additional Assets:

https://www.mumbleforum.com/graphic-design

Newsroom: Visit our Newsroom for all the latest stories:
https://www.ladycpr.pressat.co.uk