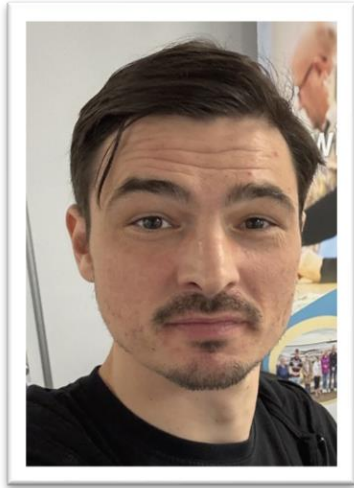


**Lunch and Learn | Live Well with Healthy Habits  
and Prehabilitation  
Speaker Bio**



**Ben Elliott**

**Chief Content Officer / Education Lead**

**Transformational Learning / Live Well with Cancer**

Ben Elliott works with Live Well with Cancer and Transformational Learning to develop educational resources that empower users to improve their quantity and quality of life.

Specialising in health and wellness learning design, Ben has developed a range of physical resources, educational sessions and digital solutions in partnership with Northern Cancer Alliance, including *The Sleep Better Series*, *The Prehab Hub* and *Menopause, Cancer & Me*.

As part of the Live Well with Healthy Habits campaign, he is currently delivering 12 regional prehabilitation workshops and two Masterclasses at the Live Well Hub, funded by NCA and Point North, where patients and professionals come together to learn how they can live with and beyond a cancer diagnosis.