



You're invited to this virtual event

Healthy Aging and Bone Health

February 12, 2025 | 1 PM ET/12 PM CT/10 AM PT

Presented by Hinge Health, "Healthy Aging and Bone Health" will focus on the "skeletal" part of "musculoskeletal pain". Hear from an expert physical therapist on how to protect your bone density as you age and simple movements to keep your bones strong and prevent injuries.

3 things you will take away:

- How bone health can affect MSK Pain
- The role nutrition plays in bone health
- Gentle movements for strong bones at every stage of life

We hope to see you there!



Scan the QR code to save your seat or visit:

hinge.health/register-february2025

While all are welcome to join the webinar, please note that you must be enrolled in your employer's medical plan in order to participate in Hinge Health. This presentation will be recorded and a link to view will be emailed to all registered participants one day after the event concludes. Questions? Email: hello@hingehealth.com | Phone: (855) 902-2777.