



You're invited to this virtual event

# Hinge Health 101: Digital Exercise Therapy for Pain Relief

February 19, 2025 | 1 PM ET/ 12 PM CT/ 10 AM PT

Presented by Hinge Health, this webinar will provide information on how exercise therapy can help improve your overall health and well-being.

## 3 things you will take away:

- Who Hinge Health helps
- How we treat pain
- What to expect

We hope to see you there!



Scan the QR code to save your seat or visit:  
[hinge.health/february2025-register](https://hinge.health/february2025-register)

\*This is a free virtual event. 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](mailto:hello@hingehealth.com) | Phone: (855) 902-2777.