



You're invited to this virtual event

Mental Health & Movement

October 9, 2024 | 12pm CST

Save your seat: hinge.health/register-october2024

Presented by Hinge Health, "Connecting the Dots: Mental Health & Movement" will dive into the science of pain, why it occurs to begin with, and how movement and exercise therapy can help improve your overall mental and emotional well-being.

3 things you will take away from "Connecting the Dots":

- What pain is and why it occurs
- The connection between mental and physical health
- How regular exercise can improve your mood

We hope to see you there!



Scan the QR code to save your seat or visit:
hinge.health/register-october2024

*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 Phone: (855) 902-2777.