



2025 Hinge Health Member Webinar Series Calendar of Events

Month	Topic	Event Date & Time	Registration link
January	Busting Exercise Myths: Finding Time for Exercise	January 8 12pm CST	hinge.health/register-january2025
	Hinge Health 101: Digital Exercise Therapy for Pain Relief	January 15 12pm CST	hinge.health/january2025-register
February	Healthy Aging and Bone Health	February 12 12pm CST	hinge.health/register-february2025
	Hinge Health 101: Digital Exercise Therapy for Pain Relief	February 19 12pm CST	hinge.health/february2025-register
March	GLP-1's and Joint Pain: What to Know	March 12 12pm CST	hinge.health/register-march2025
	Hinge Health 101: Digital Exercise Therapy for Pain Relief	March 19 12pm CST	hinge.health/march2025-register
April	Unpacking Pain: Contributing Factors and Getting Support	April 9 12pm CST	hinge.health/register-april2025
	Hinge Health 101: Digital Exercise Therapy for Pain Relief	April 16 12pm CST	hinge.health/april2025-register
May	Mental Health and Movement	May 14 12pm CST	hinge.health/register-may2025
	Hinge Health 101: Digital Exercise Therapy for Pain Relief	May 21 12pm CST	hinge.health/may2025-register
June	Get to Know Your Pelvic Floor: Understanding Pelvic Health	June 11 12pm CST	hinge.health/register-june2025
	Hinge Health 101: Digital Exercise Therapy for Pain Relief	June 18 12pm CST	hinge.health/june2025-register

July	The Neuroscience of Pain	July 9 12pm CST	hinge.health/register-july2025
	Hinge Health 101: Digital Exercise Therapy for Pain Relief	July 16 12pm CST	hinge.health/july2025-register
August	Sleep and Pain: Stopping the Pain Cycle	August 13 12pm CST	hinge.health/register-august2025
	Hinge Health 101: Digital Exercise Therapy for Pain Relief	August 20 12pm CST	hinge.health/august2025-register
September	Ergonomics: Making Work a Pleasure, Not a Pain	September 10 12pm CST	hinge.health/register-september2025
	Hinge Health 101: Digital Exercise Therapy for Pain Relief	September 17 12pm CST	hinge.health/september2025-register
October	Menopause and Joint Pain: Tips from Expert PTs	October 8 12pm CST	hinge.health/register-october2025
	Hinge Health 101: Digital Exercise Therapy for Pain Relief	October 15 12pm CST	hinge.health/october2025-register
November	Mental Health and Movement	November 12 12pm CST	hinge.health/register-november2025
	Hinge Health 101: Digital Exercise Therapy for Pain Relief	November 19 12pm CST	hinge.health/november2025-register
December	Arthritis: Making Movement Your Ally, Not Your Enemy	December 10 12pm CST	hinge.health/register-december2025
	Hinge Health 101: Digital Exercise Therapy for Pain Relief	December 17 12pm CST	hinge.health/december2025-register