



## 2025 Hinge Health Member Webinar Series Calendar of Events

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

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