



You're invited to this virtual event

Sleep and Pain: Stopping the Cycle

August 13, 2025 | 3 PM ET/2PM CT/12 PM PT

3 things you will take away:

- Why sleep is so important for health
- How poor quality sleep can affect your pain levels
- Simple tips and tricks to improve your sleep quality



Scan the QR code to save your seat or visit
hinge.health/register-august2025

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.

Una transcripción de este seminario web estará disponible en español 2 semanas después de que concluya el evento. Para activar las transcripciones en español en Vimeo, haga clic en el botón "CC" y seleccione "Spanish/español".

