



You're invited to this virtual event

Arthritis: making movement your ally, not your enemy

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

Presented by an expert Hinge Health Physical Therapist, "Arthritis: making movement your ally, not your enemy" will dive into the science of arthritis and how you can use movement to manage your pain.

3 things you will take away:

- Myths around arthritis
- The latest research around managing arthritis pain
- Simple, gentle exercises that work with your body, not against it

We hope to see you there!



Scan the QR code to save your seat or visit:

hinge.health/register-december2025

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".