



You're invited to this virtual event

Menopause and Perimenopause: What to Know and Tips for Self-Care

October 8, 2025 | 1 PM ET/12 PM CT/10 AM PT

You may be familiar with some of the "classic" symptoms of menopause: irregular periods, fatigue, hot flashes, and night sweats. But joint pain in menopause? That one might be news to you. As your body transitions toward menopause, stiffness in your fingers and pain in your knees may be linked to hormonal changes. Join Hinge Health for a free, live conversation with expert physical therapists who are here to help you manage this transition period in your life and get back to feeling like yourself again.

3 things you will take away:

- Common causes of menopause-related joint pain, particularly around shifting hormone levels
- Lesser-known menopause symptoms to look out for
- Gentle movements that can alleviate menopause symptoms and help your joints stay lubricated

We hope to see you there!



Scan the QR code to save your seat or visit:

hinge.health/register-october2025

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".