



You're invited to this free virtual event

Health trends: help or hype?

**March 11, 2026 |
1 PM ET/ 12 PM CT/ 10 AM PT**

Presented by a Hinge Health expert physical therapist, this event will discuss many of the latest health trends, from weighted vests to vibration plates, and which ones have scientific evidence to support their claims.

- Which health trends/gadgets are worth your time and money
- Alternatives that you might already have in your home
- Setting realistic expectations for results



Scan the QR code to save your seat or visit:

hinge.health/register-march2026

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".