



You're invited to this free virtual event

Sleep and Pain: Tips to Stop "Painsomnia" and Wake Up Feeling Better

September 9, 2026 | 1 PM ET | 12 PM CT | 10 AM PT

Presented by Hinge Health, "Sleep and Pain: Tips to Stop 'Painsomnia' and Wake Up Feeling Better" will dive into how ongoing back and joint pain may be impacting other areas of your health. 3 things you will take away: - The importance of sleep - The connection between sleep and pain - How to harness the power of movement to break the cycle of "painsomnia"



Scan the QR code to save your seat or visit:

hinge.health/register-september2026

This is a free virtual event; all are welcome to join the webinar. Eligibility for Hinge Health varies by employer, contracting partner and medical plan. Further detail provided on your company's landing page. Spouses and 18+ dependents may be eligible as well. 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".