



You're invited to this virtual event

Busting Exercise Myths: finding time for exercise

August 14, 2024 | 12 PM CST

Presented by Hinge Health, "Busting Exercise Myths: finding time for exercise" will dive into the science of movement, how much movement you need in a day, and how to sneak in more movement in ways you might not expect.

3 things you will take away:

- Common myths about exercise
- How much movement you really need in a day
- Easy ways to fit more movement in your day without adding extra time

We hope to see you there!



Scan the QR code to save your seat or visit:

hinge.health/register-august2024

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.