



You're invited to this virtual event

Mental Health & Movement

April 10, 2024 | 12 PM CST

Presented by Hinge Health, "Connecting the Dots: Mental Health & Movement" will dive into the science of pain, why it occurs to begin with, and how movement and exercise therapy can help improve your overall mental and emotional well-being.

3 things you will take away from "Connecting the Dots":

- What pain is and why it occurs
- The connection between mental and physical health
- How regular exercise can improve your mood

We hope to see you there!



Scan the QR code to save your seat or visit:

hinge.health/register-april2024