



You're invited to this virtual event

# Sleep and Pain: Stopping the Cycle

July 10, 2024 | 12 PM CST

Presented by a Hinge Health physical therapist, "Sleep and Pain: Stopping the Cycle" will go in-depth about the importance of sleep, and how sleep and back and joint pain are connected. We will also share tips on how to use the power of movement to break the cycle and the ways Hinge Health can support you.

## 3 things you will take away:

- Why sleep is so important for health
- How poor quality sleep can affect your pain levels
- Simple tips and tricks to improve your sleep quality

We hope to see you there!



Scan the QR code to save your seat or visit:

[hinge.health/register-july2024](https://hinge.health/register-july2024)

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](mailto:hello@hingehealth.com) | Phone: (855) 902-2777.