



You're invited to this free virtual event

Men's Health Tips: Getting the Right Care for Muscle and Joint Pain

July 15, 2026 |

1 PM ET/ 12 PM CT/ 10 AM PT

Exercise is one of the most important things men can do to protect themselves from heart disease, diabetes, and cancer, all of which they are at a higher risk for compared to women. Movement is also the best medicine for chronic pain, which strongly influences all aspects of men's mental and physical health.

Join Hinge Health for a free, live conversation with expert physical therapists that will explain the connection between chronic pain and mental health, discuss the prevalence of back and joint pain in men, and give examples of when to see a physical therapist for expert care.



Scan the QR code to save your seat or visit:

hinge.health/register-july2026-men

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".