



You're invited to this free virtual event

# Mental health and chronic pain: what's the connection?

May 13, 2026 |

1 PM ET/ 12 PM CT/ 10 AM PT

Presented by Hinge Health, this event will discuss what pain is, why it occurs, and how movement using exercise therapy can help improve your overall mental and emotional well-being.

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



Scan the QR code to save your seat or visit:

[hinge.health/register-may2026](https://hinge.health/register-may2026)

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](mailto: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".