



## 2026 Hinge Health Member Webinar Series Calendar of Events

Month	Topic	Event Date & Time	Registration Link
January	<b>Exercise Myths that are Preventing Your Progress</b>	January 14   12pm CT	<a href="https://hinge.health/register-january2026">hinge.health/register-january2026</a>
	<b>Hinge Health 101: Digital Physical Therapy for Pain Relief</b>	January 21   12pm CT	<a href="https://hinge.health/january2026-register">hinge.health/january2026-register</a>
February	<b>From Pickleball to Power Walking: Getting Back to Sports and Hobbies</b>	February 11   12pm CT	<a href="https://hinge.health/register-february2026">hinge.health/register-february2026</a>
	<b>Hinge Health 101: Digital Physical Therapy for Pain Relief</b>	February 18   12pm CT	<a href="https://hinge.health/february2026-register">hinge.health/february2026-register</a>
March	<b>Health Trends: Help or Hype?</b>	March 11   12pm CT	<a href="https://hinge.health/register-march2026">hinge.health/register-march2026</a>
	<b>Hinge Health 101: Digital Physical Therapy for Pain Relief</b>	March 18   12pm CT	<a href="https://hinge.health/march2026-register">hinge.health/march2026-register</a>
April	<b>All About Virtual Physical Therapy: What is It, and Should You Try It?</b>	April 8   12pm CT	<a href="https://hinge.health/register-april2026">hinge.health/register-april2026</a>
	<b>Hinge Health 101: Digital Physical Therapy for Pain Relief</b>	April 15   12pm CT	<a href="https://hinge.health/april2026-register">hinge.health/april2026-register</a>
May	<b>Mental Health and Chronic Pain: What's the Connection?</b>	May 13   12pm CT	<a href="https://hinge.health/register-may2026">hinge.health/register-may2026</a>
	<b>Hinge Health 101: Digital Physical Therapy for Pain Relief</b>	May 20   12pm CT	<a href="https://hinge.health/may2026-register">hinge.health/may2026-register</a>
June	<b>Ergonomics for Less Pain at Work and Home: Tips and Tricks from Hinge Health Physical Therapists</b>	June 10   12pm CT	<a href="https://hinge.health/register-june2026">hinge.health/register-june2026</a>
	<b>Hinge Health 101: Digital Physical Therapy for Pain Relief</b>	June 17   12pm CT	<a href="https://hinge.health/june2026-register">hinge.health/june2026-register</a>
July	<b>Women's Health: Getting the Right Care for Pelvic Floor Conditions and Menopause Symptoms</b>	July 8   12pm CT	<a href="https://hinge.health/register-july2026-women">hinge.health/register-july2026-women</a>
	<b>Men's Health Tips: Getting the Right Care for Muscle and Joint Pain</b>	July 15   12pm CT	<a href="https://hinge.health/register-july2026-men">hinge.health/register-july2026-men</a>
	<b>Hinge Health 101: Digital Physical Therapy for Pain Relief</b>	July 22   12pm CT	<a href="https://hinge.health/july2026-register">hinge.health/july2026-register</a>
August	<b>Ask a Physical Therapist Anything!</b>	August 12   12pm CT	<a href="https://hinge.health/register-august2026">hinge.health/register-august2026</a>
	<b>Hinge Health 101: Digital Physical Therapy for Pain Relief</b>	August 19   12pm CT	<a href="https://hinge.health/august2026-register">hinge.health/august2026-register</a>
September	<b>Sleep and Pain: Tips to Stop 'Painsomnia' and Wake Up Feeling Better</b>	September 9   12pm CT	<a href="https://hinge.health/register-september2026">hinge.health/register-september2026</a>
	<b>Hinge Health 101: Digital Physical Therapy for Pain Relief</b>	September 16   12pm CT	<a href="https://hinge.health/september2026-register">hinge.health/september2026-register</a>
October	<b>Weight Management and Pain: Healthy Lifestyle Tips That Can Make a Difference</b>	October 7   12pm CT	<a href="https://hinge.health/register-october2026">hinge.health/register-october2026</a>
	<b>Hinge Health 101: Digital Physical Therapy for Pain Relief</b>	October 14   12pm CT	<a href="https://hinge.health/october2026-register">hinge.health/october2026-register</a>
November	<b>All About Back Pain: Causes, Tips, and Exercises to Feel Better</b>	November 11   12pm CT	<a href="https://hinge.health/register-november2026">hinge.health/register-november2026</a>
	<b>Hinge Health 101: Digital Physical Therapy for Pain Relief</b>	November 18   12pm CT	<a href="https://hinge.health/november2026-register">hinge.health/november2026-register</a>
December	<b>The Science of Pain: Surprising Insights for Lasting Pain Relief</b>	December 9   12pm CT	<a href="https://hinge.health/register-december2026">hinge.health/register-december2026</a>
	<b>Hinge Health 101: Digital Physical Therapy for Pain Relief</b>	December 16   12pm CT	<a href="https://hinge.health/december2026-register">hinge.health/december2026-register</a>