



Sign up for important updates from Caitlin Shew and WCS Nutrition.

Get information for **WCDE Nutrition** right on your phone—not on handouts.

Pick a way to receive messages for **WCDE Nutrition**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/f98bb6

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

B If you don't have a smartphone, get text notifications.

Text the message [@f98bb6](https://t.me/f98bb6) to the number **81010**.

If you're having trouble with **81010**, try texting [@f98bb6](https://t.me/f98bb6) to **(682) 803-2044**.

** Standard text message rates apply.*

Don't have a mobile phone? Go to rmd.at/f98bb6 on a desktop computer to sign up for email notifications.