



Sign up for important updates from Ms. Miller.

Get information for 5-6 Band Cycle Days right on your phone—not on handouts.

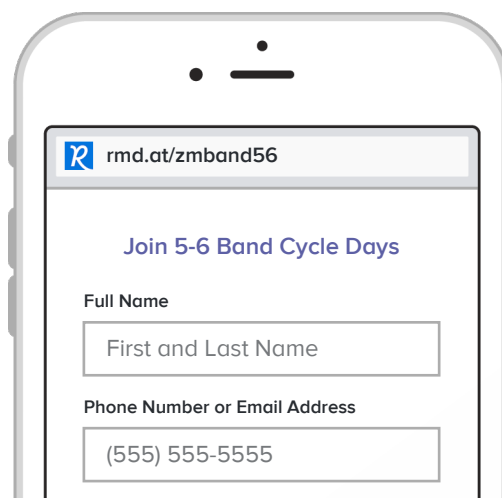
Pick a way to receive messages for 5-6 Band Cycle Days:

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/zmband56

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 [@zmband56](#) to the number **81010**.

If you're having trouble with **81010**, try texting [@zmband56](#) to **(763) 515-9667**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/zmband56 on a desktop computer to sign up for email notifications.