



Sign up for important updates from S. Strychalski.

Get information for **Social 30-1** right on your phone—not on handouts.

Pick a way to receive messages for **Social 30-1**:

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/431ecd1

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

Illustration of a smartphone screen showing the Remind app sign-up page. The page has a header with the Remind logo and the URL rmd.at/431ecd1. Below the header is the title "Join Social 30-1". There are two input fields: "Full Name" with a placeholder "First and Last Name", and "Phone Number or Email Address" with a placeholder "(555) 555-5555".

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

Text the message [@431ecd1](https://rmd.at/431ecd1) to the number [\(587\) 316-2959](tel:5873162959).

** Standard text message rates apply.*

Illustration of a smartphone screen showing a text message interface. The "To" field contains the number [\(587\) 316-2959](tel:5873162959). The "Message" field contains the text [@431ecd1](https://rmd.at/431ecd1).

Don't have a mobile phone? Go to rmd.at/431ecd1 on a desktop computer to sign up for email notifications.