



Sign up for important updates from Ms. Tavares-Pepe.

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

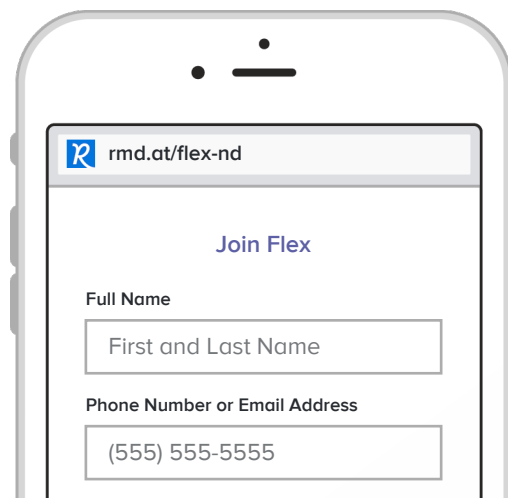
Pick a way to receive messages for **Flex**:

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/flex-nd

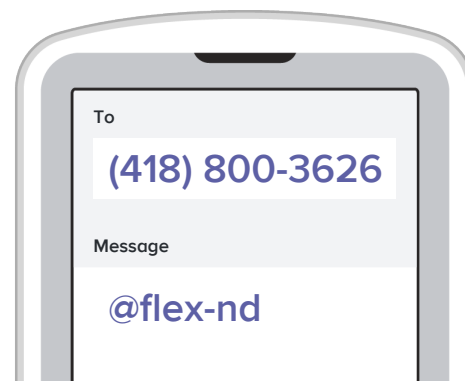
Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



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

Text the message **@flex-nd** to the number **(418) 800-3626**.

** Standard text message rates apply.*



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