



# Sign up for important updates from Coach Cox.

Get information for **GFC 411** right on your phone—not on handouts.

Pick a way to receive messages for **GFC 411**:

**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/gfc4](https://rmd.at/gfc4)

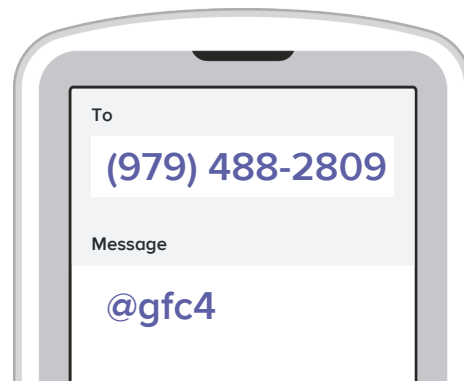
Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



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

Text the message [@gfc4](https://t.me/gfc4) to the number **(979) 488-2809**.

*\* Standard text message rates apply.*



Don't have a mobile phone? Go to [rmd.at/gfc4](https://rmd.at/gfc4) on a desktop computer to sign up for email notifications.