



# Sign up for important updates from Heber Bands.

Get information for [heberspringsbands.org](https://heberspringsbands.org) right on your phone—not on handouts.

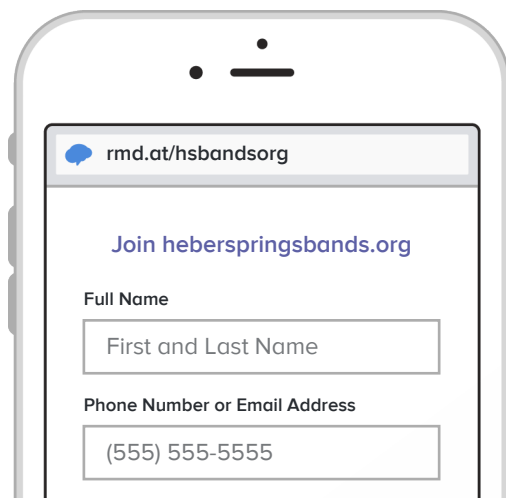
Pick a way to receive messages for [heberspringsbands.org](https://heberspringsbands.org):

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

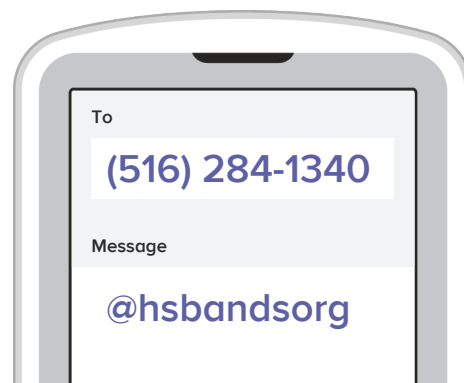
Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



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

Text the message [@hsbandsorg](https://t.me/hsbandsorg) to the number **(516) 284-1340**.

*\* Standard text message rates apply.*



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