



Sign up for important updates from Ms. Gurule.

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

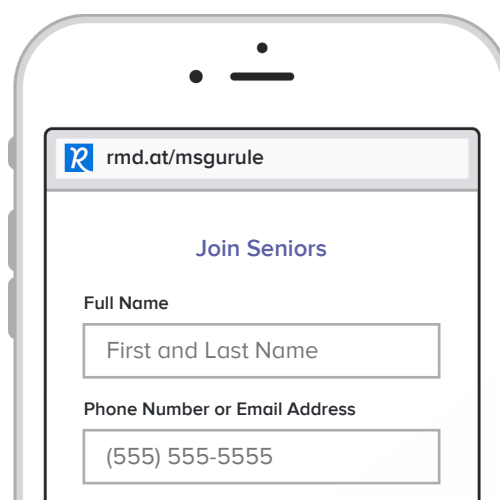
Pick a way to receive messages for **Seniors**:

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/msgurule

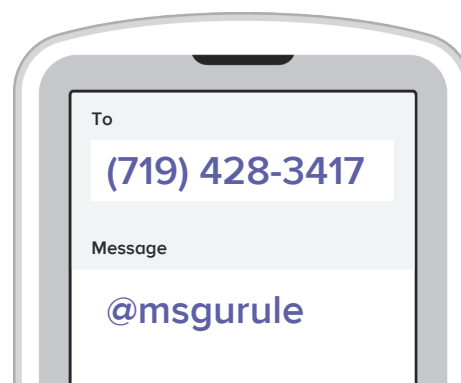
Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



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

Text the message [@msgurule](https://t.me/msgurule) to the number **(719) 428-3417**.

** Standard text message rates apply.*



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