



# Sign up for important updates from Prof. MHSC.

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

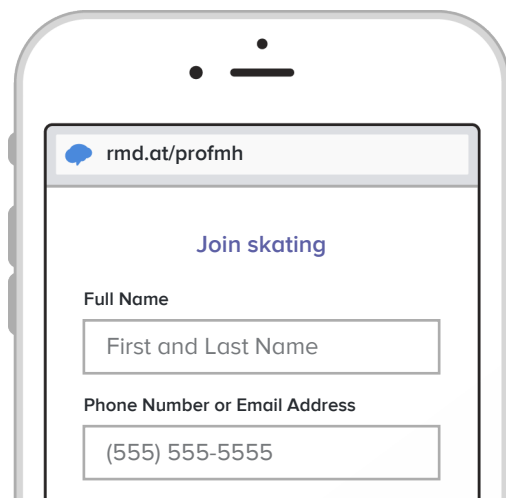
Pick a way to receive messages for **skating**:

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

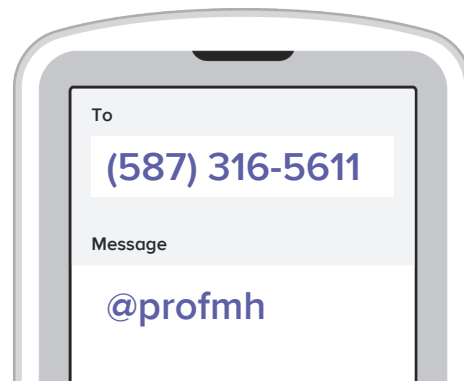
Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



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

Text the message [@profmh](https://www.remind.com/@profmh) to the number **(587) 316-5611**.

*\* Standard text message rates apply.*



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