



Sign up for important updates from S. Strychalski.

Get information for **Social 30-2** right on your phone—not on handouts.

Pick a way to receive messages for **Social 30-2**:

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/sstrychal

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

The illustration shows a smartphone screen with a browser address bar displaying 'rmd.at/sstrychal'. Below the address bar, the text 'Join Social 30-2' is centered. Underneath, there are two input fields: the first is labeled 'Full Name' with a placeholder 'First and Last Name', and the second is labeled 'Phone Number or Email Address' with a placeholder '(555) 555-5555'.

B

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

Text the message [@sstrychal](https://t.me/sstrychal) to the number **(587) 316-2959**.

** Standard text message rates apply.*

The illustration shows a smartphone screen with a text message interface. The 'To' field contains the number '(587) 316-2959'. The 'Message' field contains the text '@sstrychal'.

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