



Sign up for important updates from S. Strychalski.

Get information for **Social 10-1** right on your phone—not on handouts.

Pick a way to receive messages for **Social 10-1**:

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/sstrychals

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

The illustration shows a smartphone screen with the following content: a blue header bar with the Remind logo and 'rmd.at/sstrychals'; a title 'Join Social 10-1'; a 'Full Name' label above a text input field containing 'First and Last Name'; a 'Phone Number or Email Address' label above a text input field containing '(555) 555-5555'.

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

Text the message [@sstrychals](#) to the number **(587) 316-2959**.

** Standard text message rates apply.*

The illustration shows a smartphone screen with a text message interface. It includes a 'To' field with the number '(587) 316-2959' and a 'Message' field containing '@sstrychals'.

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