



# Sign up for important updates from A. Humanities.

Get information for **A&H Academic Counselling** right on your phone—not on handouts.

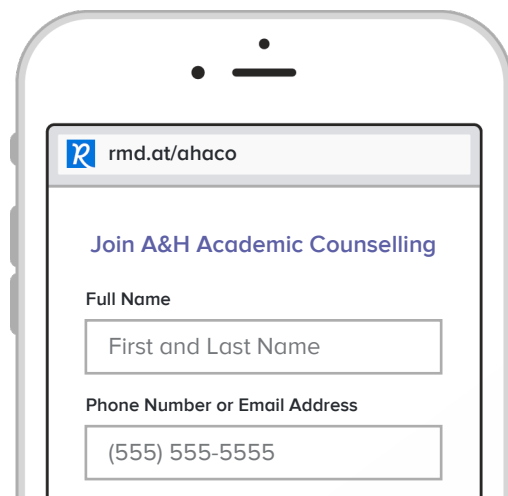
Pick a way to receive messages for **A&H Academic Counselling**:

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

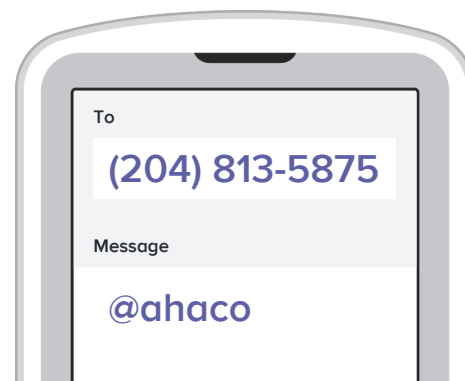
Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



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

Text the message [@ahaco](https://t.me/ahaco) to the number **(204) 813-5875**.

*\* Standard text message rates apply.*



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