



# Sign up for important updates from Ms. S. Henry.

Get information for **7Fra/Eng/MVS** right on your phone—not on handouts.

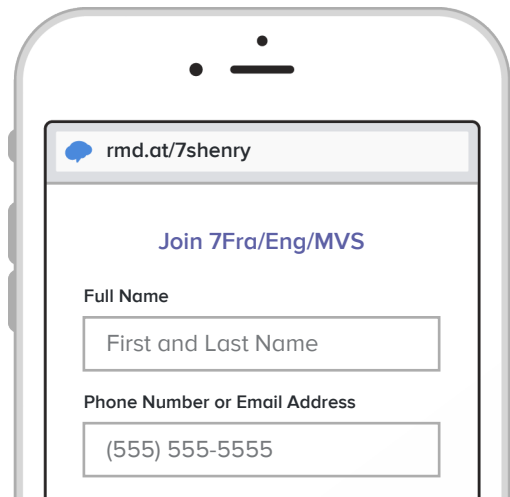
Pick a way to receive messages for **7Fra/Eng/MVS**:

**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/7shenry](https://rmd.at/7shenry)

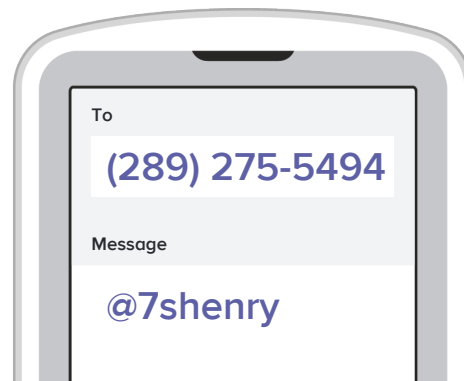
Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



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

Text the message [@7shenry](https://t.me/7shenry) to the number **(289) 275-5494**.

*\* Standard text message rates apply.*



Don't have a mobile phone? Go to [rmd.at/7shenry](https://rmd.at/7shenry) on a desktop computer to sign up for email notifications.