



Sign up for important updates from C. Rogutsky.

Get information for **Families of LIHSA** right on your phone—not on handouts.

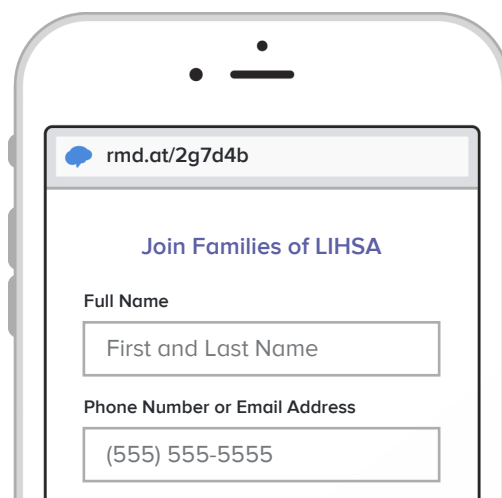
Pick a way to receive messages for **Families of LIHSA**:

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/2g7d4b

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 [@2g7d4b](https://t.me/2g7d4b) to the number **81010**.

If you're having trouble with **81010**, try texting [@2g7d4b](https://t.me/2g7d4b) to **(314) 858-5620**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/2g7d4b on a desktop computer to sign up for email notifications.