



Sign up for important updates from Ms. Bower.

Get information for **Bower Foods 10a** right on your phone—not on handouts.

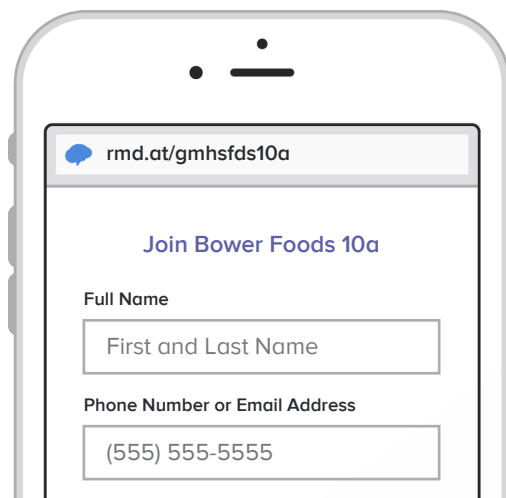
Pick a way to receive messages for **Bower Foods 10a**:

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/gmhsfds10a

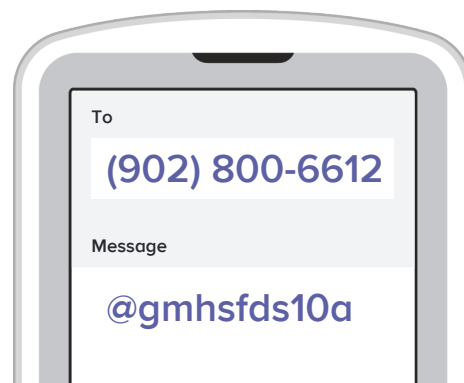
Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



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

Text the message [@gmhsfds10a](https://www.tumblr.com/reminder) to the number (902) 800-6612.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/gmhsfds10a on a desktop computer to sign up for email notifications.