



Sign up for important updates from A. Block.

Get information for **Wellness 10** right on your phone—not on handouts.

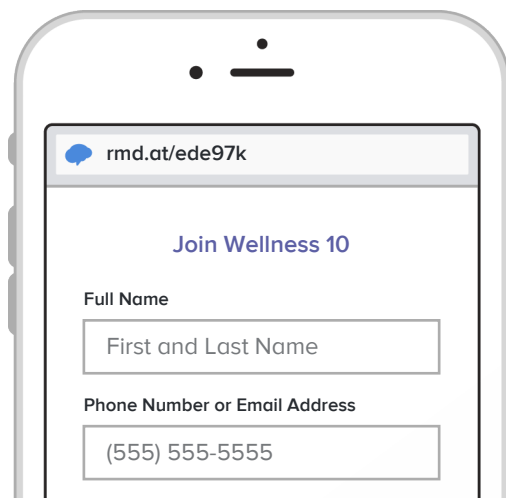
Pick a way to receive messages for **Wellness 10**:

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/ede97k

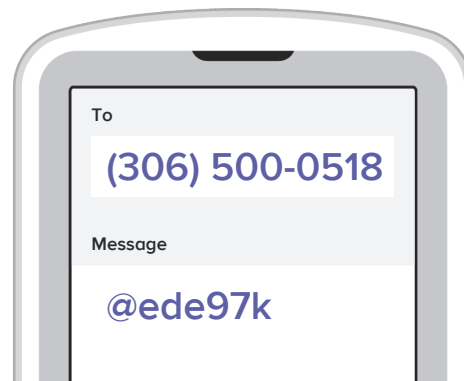
Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



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

Text the message [@ede97k](https://t.me/ede97k) to the number **(306) 500-0518**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/ede97k on a desktop computer to sign up for email notifications.