



Sign up for important updates from Marcy Sessions.

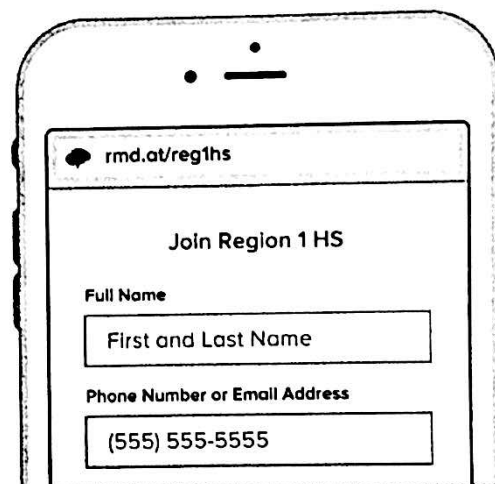
Pick a way to receive messages for Region 1 HS:

- 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/reg1hs

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 @reg1hs to the number 81010.

If you're having trouble with 81010, try texting @reg1hs to (941) 900-3901.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/reg1hs on a desktop computer to sign up for email notifications.