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

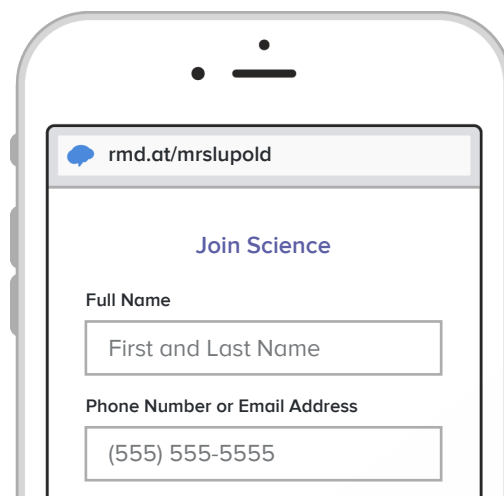
Pick a way to receive messages for **Science**:

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/mrslupold

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

If you're having trouble with **81010**, try
texting [@mrslupold](https://t.me/mrslupold) to **(646) 679-5309**.



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