



# Sign up for important updates from Lara Davies.

Get information for **2016 - 2017 Division 19** right on your phone—not on handouts.

Pick a way to receive messages for **2016 - 2017 Division 19**:

**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:

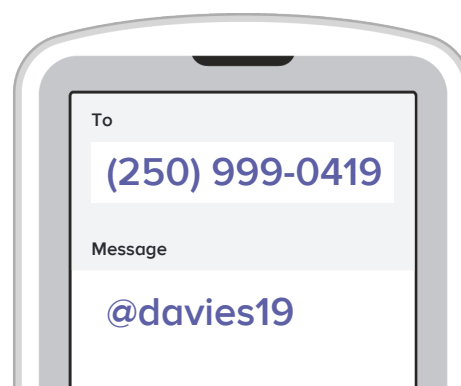
[rmd.at/davies19](http://rmd.at/davies19)

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 [@davies19](https://www.remind.com/@davies19) to the  
number [\(250\) 999-0419](tel:2509990419).



Don't have a mobile phone? Go to [rmd.at/davies19](http://rmd.at/davies19) on a desktop computer to sign up for email notifications.