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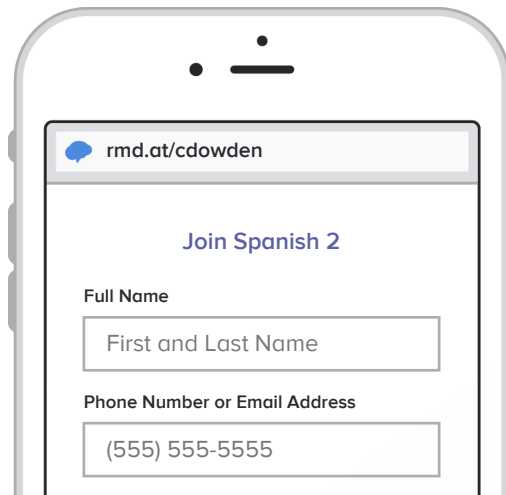
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A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/cdowden

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 **@cdowden** to the number **81010**.

If you're having trouble with **81010**, try texting **@cdowden** to **(763) 575-7543**.

** Standard text message rates apply.*



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