



Sign up for important updates from Charli franks and Jeri Kay Kao.

Get information for **Made 2 Thrive** right on your phone—not on handouts.

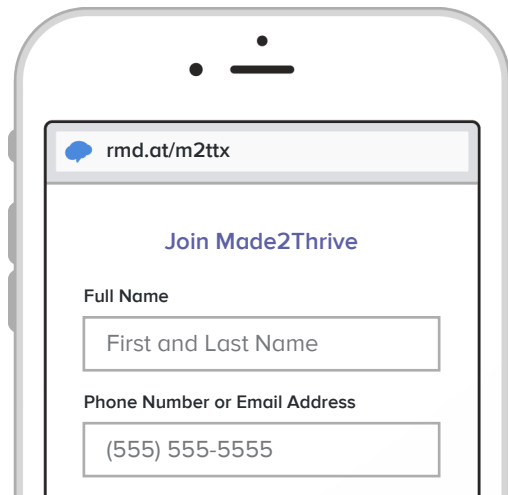
Pick a way to receive messages for **Made2Thrive**:

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/m2ttx

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 [@m2ttx](https://www.remind.com/help/faq/81010) to the number **81010**.

If you're having trouble with **81010**, try texting [@m2ttx](https://www.remind.com/help/faq/81010) to **(972) 696-7226**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/m2ttx on a desktop computer to sign up for email notifications.