



Sign up for important updates from Mrs. Barnes.

Get information for Henry M. Jackson High School right on your phone—not on handouts.

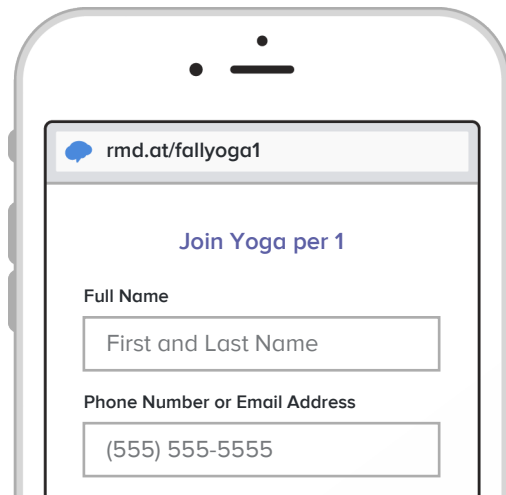
Pick a way to receive messages for Yoga per 1:

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/fallyoga1

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 [@fallyoga1](#) to the number **81010**.

If you're having trouble with **81010**, try texting [@fallyoga1](#) to **(425) 654-2433**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/fallyoga1 on a desktop computer to sign up for email notifications.