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Get information for **Young Adults in NOHCOB** right on your phone—not on handouts.

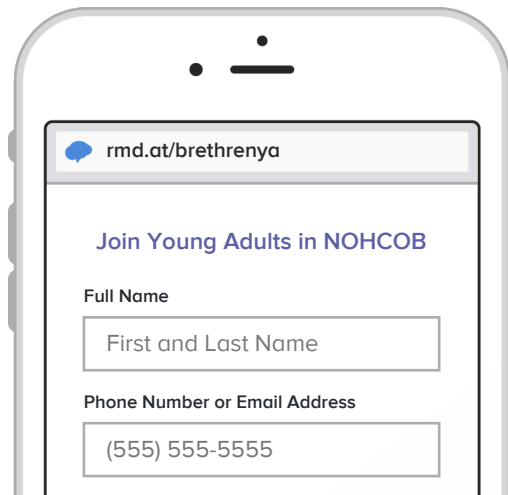
Pick a way to receive messages for **Young Adults in NOHCOB**:

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/brethrenya

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

If you're having trouble with **81010**, try texting [@brethrenya](#) to **(315) 235-3207**.

** Standard text message rates apply.*



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