



Sign up for important updates from Dr. Warcken, Drew Wittich, and N. Wittich.

Get information for Forman Parks and Rec right on your phone—not on handouts.

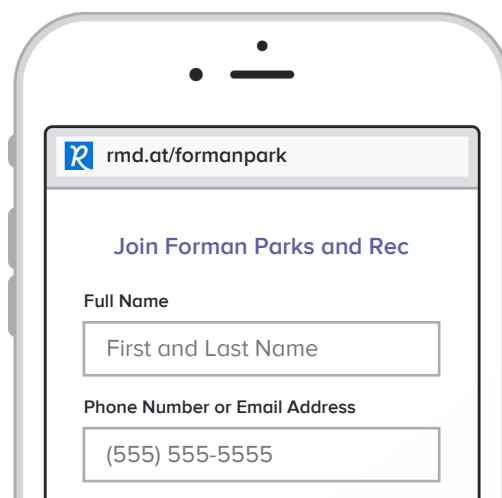
Pick a way to receive messages for Forman Parks and Rec:

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/formanpark

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

If you're having trouble with **81010**, try texting [@formanpark](#) to **(469) 437-4632**.

** Standard text message rates apply.*



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