How to sign up for Mr. Haba's Mr Haba 7th Health messages:

To receive messages via text, text **@mrhaba7** to **(440) 457-5492**. You can opt-out of messages at anytime by replying, 'unsubscribe @mrhaba7'.

*Standard text message rates apply.

Or to receive messages via email, send an email to **mrhaba7@mail.remind.com**. To unsubscribe, reply with 'unsubscribe' in the subject line.

WHAT IS REMIND AND WHY IS IT SAFE?

Remind is a one-way text messaging and email system. With Remind, all personal information remains completely confidential. Teachers will never see your phone number, nor will you ever see theirs.

Visit remind.com to learn more.