

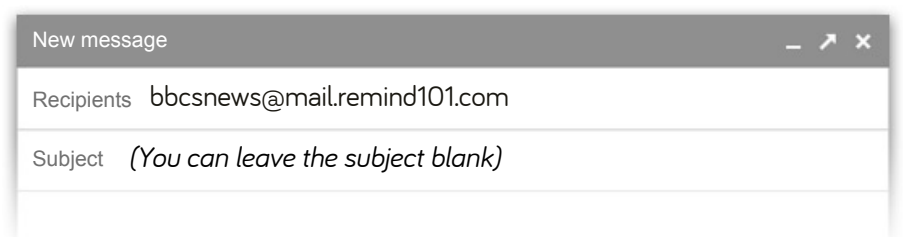
# How to sign up for BBCS's BBCS messages:

To receive messages via text, text **@bbcnews** to **(206) 489-3098**. You can opt-out of messages at anytime by replying, 'unsubscribe @bbcnews'.



\*Standard text message rates apply.

Or to receive messages via email, send an email to **bbcnews@mail.remind101.com**. To unsubscribe, reply with 'unsubscribe' in the subject line.



## WHAT IS REMIND101 AND WHY IS IT SAFE?

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