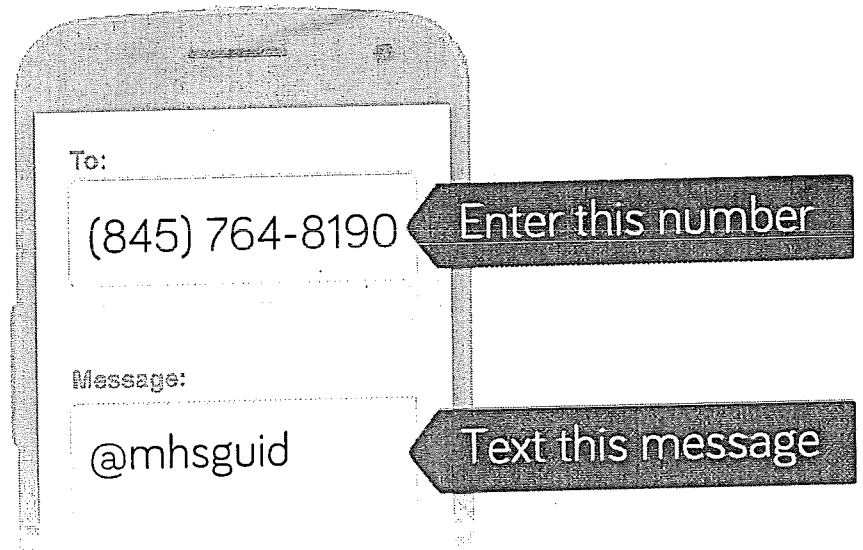


How to sign up for MHS Guidance's MHS Guidance messages:

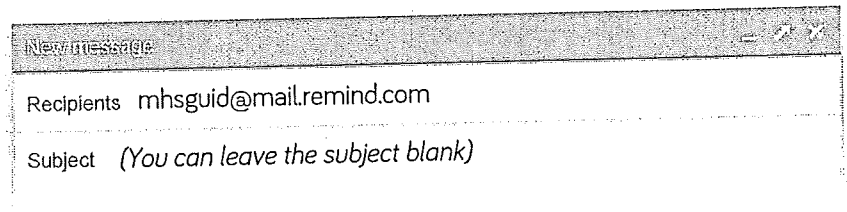


To receive messages via text, text @mhsguid to (845) 764-8190. You can opt-out of messages at anytime by replying, 'unsubscribe @mhsguid'.



*Standard text message rates apply.

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



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