

Welcome to Class!

We have received your registration and your payment and you are now enrolled in the TQI Diet Online class, Tuesdays, starting January 09, 2018 (1/9, 1/16, 1/23, 1/30, 2/6) at the comfort of your home Class begins at 6:30 pm Pacific Time. Kathy starts her lecture promptly, so it is a good idea to enter the webinar before class start time. If you have issues, email [admin@tqidiet.com](mailto:admin@tqidiet.com)

We need you to put these email addresses in your contacts list - otherwise important emails sent to you during the class series may likely end up in junkmail

Kathy: [kathy@tqidiet.com](mailto:kathy@tqidiet.com)

Admin: [admin@tqidiet.com](mailto:admin@tqidiet.com)

If you have not already done so, now is a good time to read the [Online Class Description](#) and review your device set up. While iPhones, iPads, Android devices can be used for the webinar, the quality of the connection is not always ideal. We recommend a computer set up, if possible.

If you have registered with the couples discount, now is a good time to read the [Couples Discount Description](#)

By the end of Monday before each class begins, you will receive an email from us with a link to access the webinar. If you do not find this email in your inbox by Monday evening, please send us an email ( [admin@tqidiet.com](mailto:admin@tqidiet.com) ) so that we can figure out why before class begins.

If you purchased a copy of The Abascal Way, it will be mailed to you 3-6 days before class start. During the class series, repeat students can purchase The Abascal Way @ \$30 including sales tax and postage. Email [admin@tqidiet.com](mailto:admin@tqidiet.com), if this is of interest

At the end of class 1, you will receive an email with instructions on how to register on the TQI recipe/discussion board. This information is also available on the Student page at [tqidiet.com](http://tqidiet.com). This is a great resource for recipes, provides support and allows you to get questions answered out of class.

We look forward to meeting you!