

Welcome to Class!

We have received your registration and your payment and you are now enrolled in the TQI Diet Online class, Wednesdays, starting April 19, 2017 (4/19, 4/26, 5/3, 5/10, 5/17) in the comfort of your home. Class begins at 6:30 pm PDT. 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

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

Admin: 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 Tuesday 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 Tuesday evening, please send us an email (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, 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. 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!