

Welcome to Class!

We have received your registration and your payment and you are now enrolled in the TQI Diet Online class, Wednesdays, starting June 12, 2019 (6/12, 6/19, 6/26, 7/3, 7/10) at the comfort of your home. Class begins at 12:01 am Pacific Time and ends at 11.59 PM. The day before each weekly class, you will get a class link and a password by email. Your password will be good for the entire next day so you can choose when to watch the class. Do make sure you have that email well in advance of the time you want to attend class. If you cannot find your email, contact admin for assistance. However, note: Immediate assistance may not be available so locate that email in advance of the time you want to attend class.

You can pause and resume the class video but (unlike say Netflix), the system will not remember where you left off. If you are shutting down your device, make a note of the time point where you ended so you can move the cursor and restart there.

Important to do:

If you registered for another person, or wish to change your contact information, use the link at the top of this email to change student contact info. Doing this soon is important if you are to get class information and you need the link in this email to do so.

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](#)

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

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. If you are a new student, you will not have access to the TQI Board until after Class 1 and after your user name has been activated.

We look forward to meeting you!