

**Note from admin re changing contact info:** In your own Welcome Email there is a link that is specific to your registration. To change your contact information, please locate your Welcome Email (sent out as soon as you registered for class, so if you don't see it in your inbox, check your spam folder or promotions folder.

Welcome to Class!

If you are not the person taking the class or wish to change your contact information, please click on this link to update our contact information:

[link to your specific registration in your Welcome Email]

We have received your registration and your payment and you are now enrolled in the TQI Diet Online class, Wednesdays, starting September 06, 2017 (9/6, 9/13, 9/20, 9/27, 10/4) at 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](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 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](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!