

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 class at Swedish Orthopedic Institute, First Hill class, Tuesdays, starting September 05, 2017 (9/5, 9/12, 9/19, 9/26, 10/3) at 6:30 PM, in Conference Room A. Enter on Cherry Street, east of Minor Avenue. [Click Here to view map](#)

Please put the following email addresses in your Contacts List, so that our emails to you do not vanish into spam:

Holly (TQI Admin): admin@tqidiet.com

Kathy (Teacher): tqikathy@gmail.com

Kathy starts her lecture promptly at 6:30 pm, Checkin begins 30 minutes prior. Please plan to arrive at least 15 minutes early to check in for Class 1 and find a seat. There is opportunity for Q&A during check-in at subsequent classes.

If you purchased a copy of The Abascal Way, it will be mailed to you no later than 72 hours before class start. During the class series, repeat students can purchase The Abascal Way @ \$30 including sales tax and postage. Let us know when you check in for class or email admin@tqidiet.com.

Students will have bonus access to the TQI Board when the class series begins. At the end of Class 1 you will receive an email with detailed instructions on how to register on the TQI recipe/discussion board. The board is a great resource with recipes, ideas, support and a forum where you can get any questions you may have answered quickly.

We look forward to meeting you!