

Welcome to Class!

We have received your registration and your payment and you are now enrolled in the TQI Diet Class/Vashon class, Wednesdays, starting September 12, 2018 (9/12, 9/19, 9/26, 10/3, 10/10) at Vashon College, The Sheffield Bldg. 2nd floor, 18850 103rd Ave SW.

If you registered for another person, or wish to change your information, use the link at the top of this email to change student contact info.

Kathy starts her class promptly at 6:00 pm; checkin begins 30 minutes prior. Please plan to arrive at least 15 minutes early to check in for Class 1, pick up class materials and find a seat.

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

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

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

If you purchased a copy of The Abascal Way, it will be delivered at Class 1. 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](mailto:admin@tqidiet.com).

Students will have 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. 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. 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!