

Welcome to Class!

We have received your registration and your payment and you are now enrolled in the TQI Diet West Seattle class, Mondays, starting April 22, 2019 (4/22, 4/29, 5/6, 5/13, 5/20) at The Kenney, Room 2 Down Stairs, 7125 Fauntleroy Way SW.

Important to do:

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.

Doing this soon is important if you are to get class information and you need the link in this email to do so.

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)

Kathy starts her class promptly at 6:30 pm, Check-in begins 30 minutes prior. Please plan to arrive at least 15 minutes early to check in for Class 1 and find a seat. Street parking. There is opportunity for Q&A during this check-in period.

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](mailto:admin@tqidiet.com).

At the end of Class 1 you will receive an email with detailed 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). At the end of class 1, you will receive an email with 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. This information is also available on the Student page at [tqidiet.com](http://tqidiet.com).

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!