

Welcome to Class!

We have received your registration and your payment and you are now enrolled in the TQI Diet Online class, Wednesdays, starting January 09, 2019 (1/9, 1/16, 1/23, 1/30, 2/6) at the comfort of your home Class begins at 6:00 pm Pacific Time. 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

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.

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

Admin: 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) 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, 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. 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!