

## 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 September 10, 2018 (9/10, 9/17, 9/24, 10/1, 10/8) at The Kenney, Room 2 Down Stairs, 7125 Fautleroy Way SW.

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](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).

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. 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!