



# AHEA

Alberta Human Ecology & Home Economics Association

## Lynn Fraser, BSc, PHEc, APC



Lynn Fraser, of Balance Your World, supports and nurtures women, seniors and families to declutter and organize their lives in a holistic way. She builds safe, resilient transition teams to coordinate the downsize and move of seniors to a supportive, Right Fit home. Lynn facilitates Stress-Busting and Decluttering/Downsizing in a Holistic Way programs for organizations, conferences, Age-Friendly Edmonton, SAGE, SEESA, the West End, Central, and Nortgate Lions Seniors, plus Metro Continuing Education, and Covenant Health.

As a coach, mentor, facilitator, 24-year business owner, wife of 32 years and mother of two young adults, Lynn brings practical life experience and a whole brain coach approach to her work. She is a professional member of the Alberta Human Ecology & Home Economics Association (AHEA), and an Associate Power Coach® (APC) with Coaching and Leadership International.

For her own life balance, Lynn walks, gardens, self and buddy coaches, meditates daily, and sings. She catches local events with her husband and friends, and loves to groove to the blues.

### Topics:

#### Holistic Decluttering

Live joyfully in your energy-giving and peaceful space. Learn and use the Top 11 Checklist, Two-Pile plus system and practical strategies to lighten up the clutter and remain independent in your home longer, happy in body, mind and spirit. Or downsize and transition safely with less stress and more ease.

Lynn's self-care tools respect you and your special memories, holistically.

### Benefits:

- More joy and less stress when you can see and use what you own
- Improved energy and focus (uncluttered surroundings = uncluttered mind)
- More time for the people you love and the things you love to do
- Prevent falls which allows you to remain independent for longer
- Increase self-esteem as you build momentum toward your goals

**Balance Your World**<sup>™</sup>  
*with Lynn Fraser*