



# AHEA

Alberta Human Ecology & Home Economics Association

## Mary Lynn Ilnitsky, PHEc



Mary Lynn Ilnitsky is a Professional Home Economist and a Fashion Academy Inc. Certified Image Consultant and Instructor. Her mission is to help clients understand how clothing, grooming and behaviour is an essential communication tool. The *know how* to develop an effective, balanced wardrobe results in enhanced confidence and professional presence. Mary Lynn has a contagious enthusiasm and practical approach that make her presentations and workshops entertaining and enlightening.

[www.getdressedonpurpose.com](http://www.getdressedonpurpose.com)

### Topics:

#### Get Dressed on Purpose

A fun and entertaining topic...We've all heard that you need to "dress for success," but what exactly does that mean? For your next Women's Event, Mary Lynn Ilnitsky will address what to wear for maximum visual impact. Includes easy-to-employ hints and tips and hot topics such as:

- Identifying your personal style
- Why colour has the most impact on your appearance
- What's trending now for your current – and future – wardrobe needs
- Levels of formality – what you should wear when