

HarmonyHer Wellness

Privacy Policy

joeleneabbott.com | joelene@joeleneabbott.com

1. Purpose and Scope

HarmonyHer Wellness is committed to protecting your privacy. This Privacy Policy explains how Joelene Abbott, operating as HarmonyHer Wellness (referred to as “we,” “us,” or “our”), collects, uses, and protects your personal information.

This Policy applies to personal data collected from individuals who:

- Visit joeleneabbott.com or any related pages, campaigns, or services;
- Communicate with us by email, phone, or other electronic means;
- Interact with our content or advertising on third-party platforms.

This Policy does not apply to information collected offline or through third-party websites we do not operate.

By using our website or services, you agree to the terms of this Privacy Policy. If you do not agree, please do not use our content or services.

1.1 Questions or Concerns

We are committed to resolving any questions or complaints about how we handle your personal data. Please contact us at:

Joelene Abbott | HarmonyHer Wellness
joelene@joeleneabbott.com

We will respond to requests to access, update, or delete your information within ten (10) business days. We may ask you to verify your identity before taking action.

1.2 Updates to This Policy

We may update this Privacy Policy from time to time to reflect changes in our practices or legal obligations. Any changes will be posted on this page and will take effect upon posting. Material changes that affect how we use your data will be communicated to you where required by law.

1.3 Children Under 13

Our website and services are not directed at children under the age of 13. We do not knowingly collect personal data from children. If you believe we have inadvertently collected information from a child under 13, please contact us at joelene@joeleneabbott.com and we will promptly delete it.

2. Personal Data Collection and Use

2.1 What Is Personal Data?

Personal data is any information that identifies or could identify a specific individual. This includes “Sensitive Data” such as health or medical information, racial or ethnic origin, religious beliefs, or other categories defined under applicable privacy law.

Anonymous or non-identifiable information is not considered personal data under this Policy.

2.2 What We Collect and How

We may collect the following types of personal data:

- Identifying information: name, email address, phone number, mailing address;
- Payment information: credit or debit card details processed securely through third-party payment processors;
- Usage data: IP address, browser type, device information, pages visited, time spent on pages, referring URLs, and clickstream data;
- Communications: emails, messages, or other correspondence you send us.

We collect this information:

- Directly from you when you provide it (e.g., signing up for a program, booking a session, or joining our email list);
 - Automatically through cookies and similar tracking technologies as you navigate our website;
 - From third-party partners, where applicable.
-

2.3 How We Use Your Data

We use your personal data to:

- Deliver services and programs you have purchased or enrolled in;
- Respond to your inquiries and provide client support;
- Send you account-related notices, updates, and renewal reminders;
- Share relevant wellness content, offerings, and promotions (with your consent where required);
- Fulfil billing, payment, and contractual obligations;
- Improve the quality and delivery of our services;
- Comply with applicable legal and regulatory obligations.

2.4 Who We Share Your Data With

We do not sell, rent, or trade your personal data. We may share it with:

- Service providers: payment processors, email marketing platforms, scheduling tools, and other technology providers who support our business operations. These parties are contractually bound to protect your data;
- Business transfers: in the unlikely event of a business sale or transfer, your data may be included as part of that transition;
- Legal requirements: where required to comply with applicable law, respond to legal process, or protect the rights and safety of our clients or the public.

We may share anonymised, non-identifiable information without restriction.

3. Your Rights and Choices

3.1 Your Choices

You have the right to control how your personal data is used. You can:

- Update or correct your information by emailing joelene@joeleneabbott.com;
 - Request deletion of your personal data at any time;
 - Opt out of marketing communications at any time using the unsubscribe link in any email, or by contacting us directly;
 - Manage cookie preferences through your browser settings.
-

3.2 Rights for Canadian Residents

If you are located in Canada, you have rights under applicable privacy legislation, including the right to access your personal data, request corrections, and withdraw consent where processing is based on consent. To exercise these rights, contact us at joelene@joeleneabbott.com.

3.3 Rights for EU/EEA Residents

If you are located in the EU or EEA, you have the following rights under the General Data Protection Regulation (GDPR):

- Access, correct, or delete your personal data;
- Restrict or object to processing;
- Withdraw consent at any time, where processing is consent-based;
- Data portability;
- File a complaint with your local Data Protection Authority.

To exercise any of these rights, contact us at joelene@joeleneabbott.com.

4. Data Security

We take reasonable steps to protect your personal data from unauthorized access, loss, misuse, or disclosure. While no system is completely secure, we use appropriate safeguards to maintain the integrity and confidentiality of your information.

You are responsible for keeping your own account credentials and passwords secure. Please notify us immediately if you suspect any unauthorised access to your account.

4.1 Data Breaches

In the event of a data breach that affects your personal data, we will notify you and any relevant regulatory authorities as required by applicable law.

5. Record-Keeping

We maintain records of our data processing activities as required by law and make them available to regulatory authorities upon request.

6. Contact Us

If you have any questions, concerns, or requests relating to this Privacy Policy, please contact:

Joelene Abbott
HarmonyHer Wellness
joeleneabbott.com
joelene@joeleneabbott.com