



**REMEMBERING**  
**Elizabeth Ann Mary Naylor**

December 8, 1958 - April 22, 2026



Elizabeth (Liz) Ann Mary Naylor was born December 8th, 1958 in High Prairie, AB, the 3rd of 6 children to Aase and Gerald Naylor. She passed away on April 22nd, 2026, 16-months after her diagnosis with colon cancer. She is survived by her partner Garth, her two sons Alec and Graeme (Christine), her brothers John (Shanda), Andrew, Mark and Paul (Diane), and her sister Margaret (Brian). In addition, she is survived her extended family, her many nieces and nephews, and in the hearts and memories of the countless lives she impacted.

Liz was an extremely talented badminton player, winning many tournaments Canada wide. She earned her BA in Spanish and a BSc in biochemistry. She had a love of travelling, starting early with a solo trip to Norway at 13 years old to stay with her cousin, a time as an au pair in France and time with CUSO Mexico and in Ecuador. Recent highlights for her included trips to England, to Egypt and back to Norway, where she attended a family reunion. She loved attending shows and concerts with her family and friends, notably enjoying seeing Santana, The Rolling Stones, and U2.

After becoming a mother, she found another talent as a highly respected meeting leader with a weight loss company, which she parlayed into an extremely fulfilling role as a counsellor. Inspired by her love of counselling, she earned her Master's degree in Clinical Counselling, expanding her reach and impact on those in need of her compassion and empathy. Beyond that, one of her greatest talents of all was staging and interior design, for which she developed a love and keen eye for while working in renovations with her partner Garth and two her sons. The attention to detail she provided in each space she decorated created a visual highlight for all.

She had a vibrant and engaging personality, making fast friends with anyone who she spent time with. She had a love of her cats, gardening, puzzles and games.

She approached the world with a curious mind and a love of learning. She was truly a beautiful person inside and out, and she will be sorely and profoundly missed by her loved ones.

In lieu of flowers, the family asks you consider a donation to BC Cancer Centre, the Abbotsford Hospice Society, or your local animal shelter.

