

# EDRC'S "ASK THE EXPERTS" PRESENTS

## ALEXIS BRUGLER

"My name is Alexis Brugler and I'm in my 6th year of recovery from anorexia. I'm a recent Graduate of Lafayette college where I double majored in Film & Media Studies and Anthropology & Sociology. In that time I was also able to live on a boat off the coast of New Zealand. I have been lucky enough to fully recover from my eating disorder, but it was an incredibly difficult journey for not only me, but also those around me. Having that support system during my eating disorder was so important, but I've also been a family member that is a part of that support group, and I want to help other families that are dealing with this difficult time. All eating disorders look different, they effect everyone in different ways and the same treatment doesn't work for everyone. I worked with multiple therapists, inpatients, and outpatient programs before my recovery truly took form, but there is hope. Recovery is a long road, but it is beyond worth the journey."



**SATURDAY 2/27/21**  
**9:30-11 AM**

**CLICK HERE TO  
REGISTER!**

(ZOOM LINK WILL BE EMAILED TO  
YOU UPON REGISTRATION)

Please send your questions to [nancy@edrcsv.org](mailto:nancy@edrcsv.org). These will be sent to her ahead of time so she can address them on February 27th .