

EDRC'S "ASK THE EXPERTS" PRESENTS

# BEYOND BULIMIA: MY JOURNEY AND RECOVERY IN A FAMILY OF ED

**SATURDAY, APRIL 30, 2022**  
**9:30 - 11 AM PST**



My name is Brenda and I grew up around disordered eating (ED), both a sibling's anorexia and then my own bulimia. When I was around eight years old, my sibling started dealing with anorexia and so ED was like another member of the family in terms of its presence and impact. During my first year of college, I was shocked - and incredibly angry with myself - when I realized that I also had begun disordered eating. Knowing the dangerous rabbit hole of ED all too well, I reached out for help from the very beginning of my bulimia. It took 12 years and many iterations of redefining relationships (within my family and within myself) to reach a place of recovery. I'm now in my 4th year of "sobriety". My journey with ED is intertwined with both my sibling's experience and my own transition into adulthood, so I'm happy to speak from both a personal first-hand account of recovery and from the perspective of a sibling/family member witnessing a loved one's journey.

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(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 April 30th.