

Gabrielle Pack BS

Saturday, July 18, 2026
9:30AM – 11AM PST

Pressure, Performance, & the Pursuit of Recovery: My Journey Through Eating Disorder Recovery in Elite Athletics

Gabrielle Pack is a researcher, eating disorder recovery advocate, and former Division I pole vaulter for Cornell University and the University of California, Berkeley. Now based in New York City, she conducts orthopedic research at New York University Langone Health, specializing in stem cell biology as she prepares to pursue an MD/PhD.

Gabrielle bridges the gap between elite performance and clinical science by combining her professional expertise with her lived experience as a survivor of anorexia. She is dedicated to de-stigmatizing eating disorders in the athletic community and fostering environments where competitors feel empowered to seek support without shame.

In her talk, Gabrielle will share her journey of navigating the unique pressures of the Division I environment while offering essential insights into athlete-specific risk factors and warning signs. By blending personal narrative with clinical awareness, she provides a clear roadmap for recovery and a powerful call to prioritize mental health in the pursuit of excellence.

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*Please send your questions
to Shana@EDRCSV.org
by Friday, July 17TH, 2026.*

