

Betsy Brenner JD

Saturday, Nov. 7, 2026
10-11AM, PST

Author of *The Longest Match: Rallying to Defeat an Eating Disorder in Mid-life*

It's never too late to be a work in progress

Betsy Brenner is an author, recovery speaker, and peer support mentor. In her 2021 memoir, *The Longest Match: Rallying to Defeat an Eating Disorder in Midlife*, Betsy details her life, one filled with blessings and privilege, but also with emotional trauma, profound grief, anxiety, depression, and ultimately a diagnosis of anorexia in midlife. Her eating disorder became the catalyst for healing.

Her inspiring message is that "it is never too late to be a work in progress." Betsy's recovery journey shows us that it IS possible to heal from past trauma and become healthier in mind, body and spirit. A former hospital attorney and longtime high school tennis coach, Betsy was also a hospice volunteer and speaker on grief, loss, and end of life decision-making. She has led a bereavement group in her town for the past decade. Her primary focus is now on speaking, mentoring, and leading support groups in the eating disorder field. Betsy has had the opportunity to share her story at treatment centers, conferences, and virtually through webinars and podcasts.

She is passionate about giving hope to and supporting those who are struggling with an eating disorder, especially women in midlife. Betsy received her Bachelor's degree in Psychology from Brown University and her Juris Doctorate from American University Law School. Originally from Rochester, New York, Betsy and her husband, Jeff, have resided in Barrington, Rhode Island for over 30 years and are the proud parents of three grown children.

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