

Saturday, November 7, 2026

Betsy Brenner JD

10AM – 11AM PST

Author of *The Longest Match: Rallying to Defeat an Eating Disorder in Midlife*

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*, she details a life filled with blessings and privilege, but also one impacted by emotional trauma, profound grief, anxiety, and depression—culminating in a diagnosis of anorexia in midlife. Ultimately, her eating disorder became the catalyst for deep personal healing. Betsy's story demonstrates that it is truly possible to heal past trauma and become healthier in mind, body, and spirit, driven by her core message:

"It is never too late to be a work in progress."

A former hospital attorney and longtime high school tennis coach, Betsy has also served as a hospice volunteer and speaker on grief, loss, and end-of-life decision-making, while leading a local bereavement group for over a decade. Today, her primary focus is speaking, mentoring, and facilitating support groups in the eating disorder community. She shares her message at treatment centers, conferences, podcasts, and webinars, passionate about instilling hope in others—especially women in midlife.

Betsy holds a B.A. in Psychology from **Brown University** and a J.D. from **American University, Washington College of Law**. Originally from Rochester, New York, she and her husband, Jeff, have lived in Barrington, Rhode Island for over 30 years and are the proud parents of three grown children.

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to Shana@EDRCSV.org
by Friday, November 6TH, 2026.

