



Join us for an **Eating Recovery Day Event** for Alumni, Family and Community

Each year ERC celebrates Eating Recovery Day – a day dedicated to removing stigma, raising awareness and inspiring hope for recovery. This year's theme is love/gratitude. Please join us for a time of fun activities including letter writing, conversation and celebration. ERC clinicians will help lead a discussion about love, gratitude and recovery letters for those who feel comfortable sharing their #myrecoveryletter.

Tuesday, May 1st | 6:00 – 7:30 pm

ERC Houston

7515 S. Main Street, Suite 400
Houston, TX 77030

ERC San Antonio

250 E. Basse Road, Suite 206
San Antonio, TX 78209

ERC Dallas

4716 Alliance Blvd., Suite 400
Plano, TX 75093

ERC Austin

12221 Renfert Way, Suite 250
Austin, TX 78758

Friday, May 4th | 12:00 – 1:30 pm

The Woodlands

Family Tree Recipes Café
12202 FM 1488
Magnolia, TX 77354
Lunch will be served.

RSVP by April 24th:

Please contact Katie Bendel, Alumni/Family Liaison at
Katie.Bendel@EatingRecovery.com to RSVP and for any questions.

Use the hashtag #myrecoveryletter to tell your friends about the Eating Recovery Day events being offered across the country.

