

Join Insight and ERC for our Event  
**Insight and Recovery: Conversations about  
Mental Health**

Tuesday, March 6<sup>th</sup> | Round Rock, TX  
with speakers Jenni Schaefer and Ana Agarrat



We'd like to invite you to join us on **Tuesday, March 6<sup>th</sup>** for a special recovery event in Round Rock, TX:

**Insight and Recovery: Conversations about Mental Health**

Join National Recovery Advocate, Jenni Schaefer, and Recovery Ambassador Council member, Ana Agarrat, as they share personal anecdotes, discuss strategies for resilience and relapse prevention, and provide the hope that recovery is possible. Life—as messy as it is for all of us—can also be filled with authentic joy, connection, and gratitude.

Feel free to invite your friends and family. This event is geared toward anyone on a journey toward healing, as well as their support system.

**Time**  
7:00 pm – 9:00 pm

**Location**  
Rabb House  
151 N. AW Grimes Blvd.  
Round Rock, TX 78664

**About the Presenters**



**Jenni Schaefer** is a bestselling author and a National Recovery Advocate with Eating Recovery Center. Her books include *Life Without Ed*, *Goodbye Ed*, *Hello Me*, and *Almost Anorexic*. To learn more about Jenni, visit [jennischaefers.com](http://jennischaefers.com).



**Ana Agarrat** is a Recovery Ambassador Council Member, who speaks on behalf of Insight Behavioral Health program that partners with ERC. This program helped Ana recover from Bipolar II disorder as well as severe anxiety. As an ambitious 31-year-old native of Trinidad, she looks forward to educating and inspiring others towards recovery! [www.anaagarrat.com](http://www.anaagarrat.com)

**RSVP by February 26<sup>th</sup> to:**

[Katie.Bendel@EatingRecovery.com](mailto:Katie.Bendel@EatingRecovery.com)



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