

# ALUMNI TESTIMONIALS

On Renfrew's social media platforms, we consistently receive wonderful words of appreciation and thanks from our alumni community. With their permission, we are excited to share some of their testimonials.



**Amy Ferraro-Kick ED's Butt**  
@acf1973



Grateful for my time at @RenfrewCenter. It was the best decision I made for myself.

Jul 20, 2022 - 08:22



**Lindsay**  
@lindsaytothemax



I needed to stop here before leaving Charlotte. This place saved my life. I honestly don't think I would be here if it hadn't been for The @RenfrewCenter and the amazing women in my treatment team(s). so much growth happened for me in this building (and at their Florida site).



Liked by carolinehalsted1 and others

shaliniw88 5 years ago today I walked through the doors of the @renfrewcenter with no idea of what to expect, no sense of how hard recovery/learning how to feel my feelings would be, nor how incredibly fulfilling recovery would be. So much has happened in the past 5 years, and none of it would have been possible without recovery. Here's to a full life, in every sense of the word, and here's to 5 years of recovery 🥳



**Ah-reum |** □□□  
@airrum



Today marks the 1 year anniversary of me checking myself into @RenfrewCenter residential facility, where I learned again how to rewrite my 2-decades-long story with my eating disorder. If you're on this winding path to recovery too, I see you: It gets better, you are enough 💜 <https://t.co/g09EF0MlyF>

Jul 13, 2022 - 23:26



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Liked by  and 63 others

**lindzkt** First race of 2022 and I was able to beat my 10K PR and break 46 minutes at [@thekookrun](#) with a 45:39!

Not only was it a good day because of my time, but also because this was the first time I've ever felt comfortable enough to wear a crop top at a race. That may not seem like a big deal, but for me it was HUGE. A few days ago marked 13 years since I was admitted into Rehab for my eating disorder at [@renfrewcenter](#). I'm so proud to say that I'm living a happy and healthy life, and I'm able to run because I love it and no longer as a punishment for what I consumed. I'm finally accepting and loving my body, appreciating the muscles that put in hard work, and giving them the fuel they need to succeed.

I felt EXTREMELY self-conscious showing my stomach when I'm no longer a size 0. But I'm so happy I did, and I feel like I've gained so much confidence and overcame a big hurdle. Thanks for letting me over share internet ❤️

