

Esperanza Eating Disorders Center

Treatment
that meets you
where **YOU** are



About Us

Receiving treatment at the right level of care at the right time is important to successfully heal mind, body and spirit. Full recovery from an eating disorder **IS** possible.

Our programs are gender inclusive, ages 13+ and provide Partial Hospitalization and Intensive Outpatient Treatment for all eating disorders.

Call us at **210.253.9763** for a free telephone screening, insurance benefits review and to schedule a comprehensive, in-person assessment.

Should I Be Concerned?

If you answer "yes" to one or more of these questions, an evaluation by an experienced eating disorder professional could help with assessment and treatment recommendations:

- Do you find yourself preoccupied with thoughts of food?
- Do you ever eat in secret?
- Does your weight affect the way you feel about yourself?
- Have any members of your family suffered from an eating disorder?
- Are you fearful of gaining weight or becoming fat?
- Do you often feel like your eating is out of control?
- Do you often avoid eating with your family, friends or in public?
- Do you ever vomit or over-exercise to compensate for calories consumed?

Recovery is possible

www.EsperanzaEDC.com

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