

ABOUT THE AZALEA

The Azalea's goal is to help women of all ages overcome eating disorders and body image distortion disorders. The organization's mission is to help women find true beauty and happiness from within their hearts.

The Azalea treats women who suffer disorders including, but not limited to, anorexia nervosa, bulimia nervosa, binge eating, compulsive exercise and body dysmorphic disorder.

The Azalea hopes to make a positive impact on individual women as well as society as a whole. Through positive enforcement, therapy, love and creating a path for a healthy lifestyle, its mission will be achieved.

The azalea flower symbolizes womanhood and self-recognition, which are two qualities instilled in patients through the organization.



TREATMENT AND FACILITY

The Azalea is an outpatient behavioral treatment facility. Treatment at the Azalea includes different forms of therapy such as:

- one-on-one psychiatric care
- group therapy
- art therapy
- cognitive-behavioral therapy
- nutrition therapy
- fitness programs



For best results, the Azalea believes it's best for patients to be treated at least three times a week. The therapists and psychologist at the Azalea are licensed PhD's specialized in treating eating disorders and body image disorders.

Headquartered in Houston, Texas, the Azalea is a spacious facility that was built in 2007. Functionality and comfort were two of the highest priorities in the design.

The Azalea has three wings: one for anorexia, one for bulimia and binge eating, and one for compulsive exercise and body dysmorphic disorder. There is also a recreational building with a fully equipped kitchen and dining area, a lounge, a gym, and a small spa. The Azalea feels it is important for patients to be able to relax and socialize during their treatment.

EVENTS

The Azalea holds three events annually to raise awareness and funds for eating disorders and body image disorders. Patients, their families and donors play large roles in all the events.

In 2011, \$700,000 was raised through donations and the following events:

- *Azalea Gala*- The Azalea Gala is an elegant affair that celebrates the organization's effort and triumphs. At the gala, there is a seated dinner, a silent auction, live music and inspirational guest speakers.
- *Radiance Fashion Show*- Radiance is the Azalea's fashion show hosted in the facility's gardens. Clothing is donated from Houston designer Chloe Dao and the models are present or prior Azalea patients.
- *Go Bare*- Go Bare is a two mile walk through downtown Houston. Participants are encouraged to attend without any make-up or enhancements so their natural beauty is displayed. Afterwards, there's a musical performance and breakfast.



EATING DISORDER SIGNS

- Refusal to eat/denial of hunger
- An intense fear of gaining weight
- A negative or distorted self-image
- Excessive exercise
- Flat mood or lack of emotion
- Irritability
- Fear of eating in public
- Preoccupation with food
- Social withdrawal
- Thin appearance
- Trouble sleeping
- Poor skin
- Soft, downy hair present on the body
- Menstrual irregularities/loss
- Constipation
- Abdominal pain
- Dry skin
- Frequently being cold
- Irregular heart rhythms
- Dehydration



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*Let us help you find the beauty
within...*

The Azalea

*Eating Disorder and
Body Image Disorder
Treatment Facility*

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