



BALANCE Eating Disorder Treatment Center Celebrates Ten Year Anniversary

NEW YORK, NY, USA, December 5, 2018 /EINPresswire.com/ -- BALANCE Eating Disorder Treatment Center marks its tenth year providing eating disorder treatment services to the greater New York Community. The center is recognized for its innovative treatment model, personalized care and its attention to the latest research initiatives.

BALANCE founder and director, Melainie Rogers, is an internationally recognized eating disorder expert. A Registered Dietitian trained in her native country of Australia, Ms. Rogers is a dynamic and charismatic figure, often sought after as a public speaker at international conferences. As co-founder of the first New York City chapter of the International Association of Eating Disorder Professionals (IAEDP), she was one of the first to champion the need for these specialized treatment services in the New York area. Ms. Rogers has a special passion for helping those struggling with [eating disorders](#); she openly shares that she has recovered from an eating disorder herself and therefore understands firsthand what the pathway to recovery entails.

BALANCE has faced many of the challenges often met by small businesses in large metropolitan areas. As a female entrepreneur, Ms. Rogers joins an elite group of women business owners who have succeeded in thriving past the ten-year mark. Around 20% of small businesses fail in their first year and 50% within five years. And women entrepreneurs encounter even greater obstacles than their male counterparts.

The BALANCE center devotes its expertise to persons suffering from eating disorders, a greatly under-served population. These complex syndromes comprise a group of conditions affecting mind and body that include [anorexia](#), [bulimia](#), and binge eating disorder. Eating disorders are serious conditions gaining attention in the media and within the medical community and now constitute a public health crisis according to The National Association of Eating Disorders (NEDA). One in ten Americans will struggle with an eating disorder at some point in their lives and these conditions now have the highest mortality rate of any mental disorder.

BALANCE, situated in central New York City, embodies a space that some describe as an oasis. The design is carefully conceived to impart a welcoming and tranquil ambiance. BALANCE's signature services include an array of treatment modalities including art & drama therapy, yoga, mindfulness, evidence-based therapies such as cognitive-behavioral & DBT skills, a multi-family therapy group, nutritional counseling, cooking classes and on-site supportive meals. The center also offers free services to the community including a support group for persons contemplating treatment, an alumni group for program graduates and a supervision group for clinicians seeking specialized training; all led personally by Melainie Rogers. BALANCE's programming has expanded over the years to embrace a widening demographic that includes men and LGBTQ clients and now provides mixed gender services in all of its programs.

BALANCE's Ten-Year Anniversary is to be honored this month with a gala celebration to be held at the BALANCE center. Professionals and colleagues from the eating disorder and healthcare communities will come together to attend this commemorative event which promises to include live jazz entertainment and other festivities. Ms. Rogers and the team at BALANCE share a sense of accomplishment for the therapeutic visions that have been realized and look to the coming decade to fulfill their mission dedicated to the prevention and healing of eating disorders.

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Leslie Davenport
BALANCE Eating Disorder Treatment Center
212-645-6903

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