

# Why I Walk

Because the World Health Organization has ranked OCD in the **top ten of the most disabling illnesses of any kind**, in terms of lost earnings and diminished quality of life.



International  
OCD  
Foundation

**Virtual 1 Million  
Steps 4 OCD**



October 10, 2020  
[iocdf.org/walk](http://iocdf.org/walk)

**#OCDwalk**