



A message from Elizabeth. . .

In collaboration with the International OCD Foundation, the Peace of Mind Foundation is hosting the Houston leg of the [1 Million Steps 4 OCD walk](#). This walk was inspired by Denis Asselin, who walked over 500 miles in memory of his son, Nathaniel, and to raise awareness of body dysmorphic disorder and OCD.

Please join us in Houston as we do our part to walk and raise awareness for OCD and related disorders. It would mean the world to us to have you there to support such a needed cause. Please walk with us and spread the message to all of your family and friends. This walk will help bring awareness of OCD and mental illness to the Houston community and help us stamp out the stigma, one step at a time. I look forward to seeing you there!
-Liz McIngvale

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What?

The [1 Million Steps 4 OCD](#) Houston Walk is presented by the Peace of Mind Foundation and in collaboration with the International OCD Foundation, to help raise awareness for obsessive compulsive disorder and related disorders. Proceeds from the event will benefit the International OCD Foundation and the Peace of Mind Foundation, a Houston-based non-profit for OCD.

Where?

[Gallery Furniture Grand Parkway, 7301 W. Grand Parkway, Richmond, TX, 77407.](#)

Or, you can join our team as a virtual walker. [Click here for details.](#)

When?

[Saturday, June 6, 2015, at 8:30 AM.](#)

Pre-race ceremonies, including welcoming remarks from Elizabeth and Jim "Mattress Mac" McIngvale and registration will begin at 8:00 AM.

A post-walk brunch will be available at Brick & Mortar, the restaurant located located in Gallery Furniture, for an optional donation benefitting the Peace of Mind Foundation.

RSVP

\$25 registration for a t-shirt and to walk with us, or register as a virtual walker and walk in your community.

Individuals who are not interested in a t-shirt are encouraged to still attend and walk for the cause. To register for free, please email info@peaceofmind.com by Friday, June 5th.

[Register Here](#)

DONATE

Individuals who cannot attend or register as a virtual walker, but wish to support the 1 Million Steps 4 OCD walk may donate to support the Peace of Mind Foundation Team here.

[DONATE](#)

Peace of Mind Foundation | <mailto:info@peaceofmind.com> | www.peaceofmind.com