



Real talk about faith and the messy emotional side of chronic illness.

Hosted by April Aramanda

PODCAST • COMMUNITY • COLLABORATIONS

ABOUT THE PODCAST

The Invisible Illness Club is a Christian chronic illness podcast where we talk honestly about faith and the messy emotional side of living in a body that doesn't always cooperate.

Through solo episodes and candid guest conversations, we talk about grief, identity, relationships, boundaries, rest, doubt, joy, and building a meaningful life inside limitation—with encouragement and a little laughter along the way.

WHO'S LISTENING

- Women living with chronic and invisible illness
- Faith-centered and looking for honest, practical encouragement
- Interested in emotional wellness, relationships, identity, rest, boundaries, and meaningful life with illness

TOPICS WE TALK ABOUT

- Faith in the middle of chronic illness
- The emotional weight of being sick
- Grief, identity & changing capacity
- Rest, guilt & boundaries
- Relationships & feeling misunderstood
- Medical dismissal & self-advocacy
- Disability & accessibility
- Finding joy without pretending everything is okay

ABOUT APRIL

April Aramanda is the creator and host of The Invisible Illness Club.

Living with multiple chronic illnesses herself, she creates honest conversations about the parts of chronic illness that often happen quietly—grief, faith, identity, relationships, rest, and learning to live fully within changing limits.



WAYS TO COLLABORATE

Podcast Guests — Honest conversations with people who have something meaningful to add to the chronic illness community.

Podcast & Media Interviews — April is available to speak about chronic illness, faith, grief, identity, rest, boundaries, and creating a meaningful life inside limitation.

Brand Partnerships — Select partnerships with brands and resources that genuinely serve people living with chronic illness.

Speaking & Events — Conversations around faith, chronic illness, acceptance, emotional wellness, and navigating limited seasons.

SELECT PAST GUESTS



Nicole Roth
Sequoia Strong



Jenna D'Angelo Shiner



LA Sprague
Christians with Chronic Illness



Randi Pullar
Chronically Cozy



Sara Olsher
Mighty & Bright

CONTACT APRIL

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