

**SCHOOL, WORK, AND SIMPLY MANAGING
EVERYDAY DEMANDS CAN FEEL
OVERWHELMING. IT CAN BE EVEN MORE
CHALLENGING WHEN YOU HAVE A CHRONIC
HEALTH CONDITION.**



The University of Iowa Chronic Health Support Group



**FRIDAYS AT 11 A.M.
[HTTPS://UIOWA.ZOOM.US/J/493006424](https://uiowa.zoom.us/j/493006424)**

Contact Heidi Schmitt, LISW at heidi-r-reynolds@uiowa.edu with any questions. The Chronic Health Support Group is for enrolled University of Iowa students and is a collaboration between University Counseling Service and Student Disability Services.