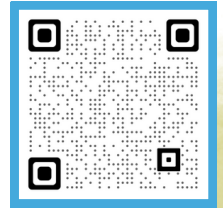


LIVE

JUNE 2025

Immeasurably More



DONATE
TO THE
CAUSE

Pause On Purpose

A note from one of our team members

In May I took 3 intentional days off—and I did it simply for my Mental Health!

Did you know May is Mental Health Awareness Month?

This year's theme is "Turning Awareness Into Action," and that's exactly what I aimed to do. As part of our organization, we are encouraged—and empowered—to put our well-being first. Sometimes, that means stepping away, even briefly, to recharge. For me, those three days gave me space to clear my mind, rest, and refocus my thoughts. It was a small but powerful act of self-care. And in this line of work, where we constantly pour into others, it's vital that we also pause and pour into ourselves. Here are a few personal wellness tips for nonprofit professionals:

- Schedule breaks (and honor them!) to avoid burnout. Even 10 minutes of walking or quiet time can help.
- Set boundaries with your time and energy—especially outside work hours.
- Stay connected with peers and mentors for encouragement and perspective.
- Celebrate wins, no matter how small. Acknowledge the impact you're making.
- Practice intentional rest—turn off notifications, say no when needed, and find joy outside of work.

Let's remember: pausing on purpose keeps us strong for our purpose. When we take care of ourselves, we show up stronger—for our team, our mission, and our community.

Wishing you moments of rest and renewal,

Camrei Terrell



Camrei Terrell



LIM GOES TO GUYANA



In May, our founder took a meaningful trip to Guyana—a journey rooted in curiosity, compassion, and a desire to listen and learn. The goal was simple but profound: to better understand the heartbeat of the city and uncover ways our nonprofit can support the vibrant local community, especially in areas of mental health, heart health, and overall wellness.

During her time there, she immersed herself in the daily rhythms of life, even lacing up her sneakers to join a local run club—a powerful reminder that connection often begins by simply moving together. Through shared steps and stories, she was welcomed with warmth and generosity, building bonds with both everyday citizens and influential leaders in government and community sectors.

Her exploration took her across the city, where she experienced the rich culture, resilience, and beauty of the people. But more than just a visit, this trip was a step toward something greater: building partnerships rooted in trust and respect, and identifying the specific needs where we, as an organization, can make a real impact.

We're excited about the possibilities ahead. As we continue to grow our initiatives around mental health, wellness and education, we remain committed to working hand-in-hand with the people of Guyana to bring about lasting, community-driven change.



IT'S ALMOST TIME FOR OUR ANNUAL WOMEN'S RETREAT



JULY 17 – 20



We're excited to announce the upcoming Next Level Journey Women's Retreat! This transformative, four-day retreat is designed to uplift and empower women over 18 through wellness, personal growth, and professional development. Participants will engage in meaningful workshops on topics like financial literacy, mental wellness, brand building, and leadership. They'll take part in wellness activities, yoga, cooking, group discussions and so much more—experiences designed to inspire self-reflection and lasting change.

This initiative is impossible without your support!

Here's how you can help:

- **Sponsor a Participant:** Your donation can help cover retreat costs for women who would benefit from this experience.
- **Donate Items:** We are collecting wellness products, journals, personal care items, and more to gift each attendee.
- **Spread the Word:** Share this opportunity with others who may want to attend or support this year or in the future.

Together, we will continue to create a space for women to heal, grow, and step fully into their purpose. Let's empower the next wave of leaders—body, mind, and spirit.

JOIN US IN MAKING A DIFFERENCE

Stay tuned for more updates as we take the next steps in this journey—together.

Service is not just what we do, it's who we are. As we move into a new year, we invite you to be part of this journey with us. Whether through volunteering, donating, or spreading the word, your support helps us impact in the lives of those who need it most.

Together, we can continue living AND giving immeasurably more by serving beyond limits and spreading love in every community we touch.

[Join us. Give. Serve. Make a difference.](#)



EDUCATION THROUGH SCHOLARSHIP



LIM SCHOLARSHIP NIGHT WITH BE THE DASH

We recently had the honor of celebrating an incredible group of graduating students at our Scholarship Night, hosted in collaboration with Be the Dash. It was a powerful evening filled with pride, joy, and recognition of hard work and commitment to excellence.

Twelve deserving students from Dekalb, Fulton, Henry, Douglas, and Gwinnett county, were awarded scholarships to support their next chapter in college. Surrounded by their families, we acknowledged not just their achievements, but also the unwavering support systems that helped them reach this milestone.

We're proud to stand beside these students as they take their next steps, and we look forward to being a lifelong connection in their journey ahead.



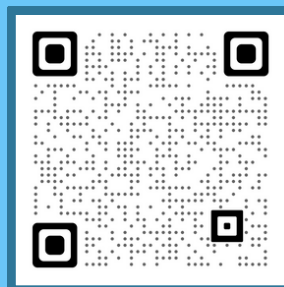
THANK YOU TO OUR FRIENDS AT JENI'S KROG STOVEWORKS

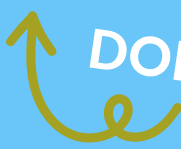


Thank you to everyone that showed up and supported our fundraising night in collaboration with Jeni's Ice Cream.

This year in celebration of our founder's birthday, we crafted our signature flavor, 'Immeasurable Goodness' and joined in for a night of fundraising and fellowship.

Proceeds from the night all go towards the impact we will continue to make in the community and beyond!



 **DONATE TO THE CAUSE**

LIVE Lane

Employee Spotlight: Marquita Fleming – an HR Champion at LIVE

Meet Marquita, a dedicated and dynamic force within LIVE's HR team! Not only does Marquita manage essential HR functions like employee relations, benefits, training, and compliance, but she also goes above and beyond—stepping in wherever support is needed, both within the organization and in the community.

A true team player, Marquita believes success is built on collaboration, adaptability, and a heart for service. She's especially passionate about supporting underserved populations and helping others achieve their goals through LIM's scholarship initiatives—a cause she proudly champions.

Her favorite part of the job? "Making a meaningful difference one person, one opportunity, and one step at a time."

Fun Fact: When she's not making an impact at work, you can find her enjoying picnics in the park or getting lost in a romantic novel.

Thank you, Marquita, for being a light at LIVE and in the community!



Teeing Off for a Cause at NCMA's 9th Annual Golf Tournament.

We were proud to participate in the 9th Annual NCMA Atlanta Golf Invitational, a day filled with golf, networking, and giving back! This premier event brought together industry professionals for a round of friendly competition, connection, and community impact.

From pre-tournament golf instruction with a PGA-certified instructor to the vibrant networking reception, it was a fantastic opportunity to engage with peers and support a meaningful cause—all while enjoying time on the greens. We're grateful to NCMA Atlanta for hosting such an impactful event and look forward to next year's tournament!



“I genuinely enjoy having daily communication with my team. While I may not work physically alongside every employee, the connections I've built are strong and meaningful. Supporting my colleagues in every way possible is something I truly value.”

Marquita Fleming

Human Resources Assistant

We want to take a moment to recognize and appreciate each of our LIVE employees. Your dedication to our mission and the care you show to our customers do not go unnoticed. Thank you for showing up, staying the course, and continuing to give your best. LIVE is stronger because of you!



Our Run Club continues to go the distance—literally and figuratively! From pounding the pavement at local races to crossing international finish lines, this group isn't just logging miles; they're running with purpose.

Recently, the team laced up for the Northside Women's 4-Miler and the Publix 5K and Half Marathon, representing our mission to stay healthy, strong, and ready to serve. Whether it's a 5K or 13.1 miles, the dedication reflects a deeper goal: building wellness to better uplift the community. Just this past weekend, our team traveled to the west coast to conquer the San Diego Rock 'n' Roll Marathon!

And our passion knows no borders—members recently traveled all the way to Madrid to take part in the Rock and Roll Running Series, showing that the spirit of service and strength can take you around the world.

Every step they take reminds us that fitness, purpose, and service go hand in hand. Keep cheering them on as they continue to inspire us all—mile after meaningful mile!





Do you have an inspiring story, valuable insight, or exciting news to share? We'd love to feature your voice in our next newsletter! Whether it's a personal serving experience, a lesson learned on your wellness journey, or something that can uplift and empower others, your story matters. Send your submission to cterrell@invigorateliving.com



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