

LIVE IMMEASURABLY MORE

JANUARY 2026 NEWSLETTER



"The new year isn't about becoming someone new

it's about choosing to level up."

LIM HAPPENINGS

■ NEXT LEVEL RETREAT APPLICATIONS OPEN

January 2025

■ EDUCATION SCHOLARSHIP APPLICATIONS OPEN

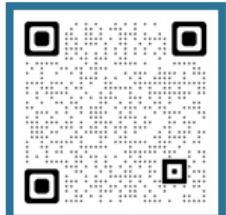
January 2025

■ LIM x FHTH ANNUAL GUATEMALA SERVICE TRIP

FEBRUARY 7 - 21, 2026



DONATE NOW



HAPPY NEW YEAR!

I pray that everyone had a safe, blessed holiday season, spending time with your loved ones. We are really excited about the new year ahead. I pray that we are all in a space of being prepared to start the new year off with a different perspective. Although we faced many challenges last year, we have an opportunity to face everything that's going to come upon us this year from a different perspective. I encourage each of you to take time to pause on purpose and remember your why for every day that you get up, every day that you go out into the world, every day that you interact with those around you. Every day that you have an opportunity to live your life, allow it to be with intention and purpose. I'm so grateful for the opportunity that I have to be a part of your community and to have you as a part of mine. Thank you for the contributions that you bring to LIVE and LIM. We don't take them for granted. I wish you many blessings in all to come in your 2026. Let's make it a great year together!

Crystal Fleming
LIM CEO

THE BEAT GOES ON

A MOMENT TO LUNCH, LEARN & LOVE FOR A CAUSE



Our annual THE BEAT GOES ON celebration was a powerful and heartfelt celebration. This event always reminds us why heart health matters and why every beat is worth protecting.

Each year, we hold this special gathering as a celebration that honors our CEO, Crystal Fleming's, second chance at life following a life-threatening cardiac event. As a 13-year heart survivor, Crystal continues to grow this event into a meaningful tradition centered on awareness, education and celebration of all heart survivors.

This year we were proud to honor 10 heart survivors alongside our CEO, ranging from 11 to 21 years as a heart survivor. Each survivor's story was filled with resilience, courage, strength and hope.

Guests shared a thoughtfully prepared, heart healthy meal while connecting around a shared purpose: encouraging healthier lives and supporting those on their heart health journeys. The afternoon featured an insightful talk from, **Dr. Ameen Person, Kaiser's Chief of Cardiology in Atlanta, GA.** He emphasized the importance of prevention, early detection, and everyday choices that support long-term health.

Some of the most impactful moments of the afternoon came from hearing directly from 3 of our survivors, who bravely shared their personal heart stories. Their experiences were moving reminders that heart related health incidents do not discriminate—but neither does strength, perseverance, or the will to keep going.

The Beat Goes On is more than an event. It's a celebration of life, a call to action, and a reminder to care for our hearts—so we can continue to live fully, love deeply, and keep the beat going strong.

Your generosity makes it possible for moments like these to change the lives of all people. **DONATE NOW** to support more strong heart beats.

SAVE THE DATE: THE BEAT GOES ON BENEFIT DINNER
December 17, 2026 – More details to come!

LIM
LIVE IMMEASURABLY MORE

DONATE TO HELP US BUILD HOPE

ANNUAL SERVICE TRIP TO GUATEMALA



Each year, we have the privilege of traveling to Guatemala in collaboration with From Houses to Homes to serve families and communities in need.

This annual trip is more than a journey—it's an opportunity to give back to something meaningful, lasting, and far bigger than us.

Together over the years, we've helped build more than five homes, providing safe, stable shelter for families who need it most. These homes are not just structures—they represent dignity, security, and a foundation for a better future.

In addition to home building, our team has the opportunity to serve at a local school, supporting children in a community where access to education is not guaranteed. For many students, simply having the chance to attend school is a gift—and being present, serving, and encouraging them leaves a lasting impact on both sides.

To make this work possible, the cost to serve is entirely self-funded. Each volunteer is responsible for a minimum commitment of \$2,500. Covering personal travel expenses, program costs, building materials and essential supplies for homes and more!

Your support helps ensure we can continue showing up—ready to serve, build, and stand alongside families who deserve safe homes and brighter futures.

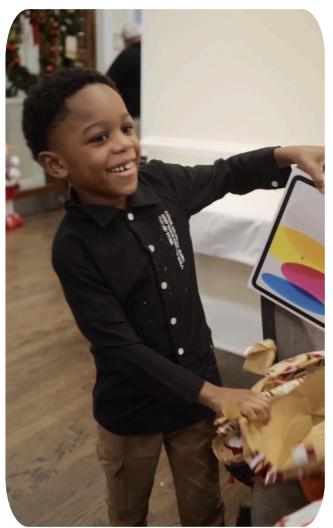
Every donation, no matter the size, helps us extend hope, strengthen communities, and keep this important work going. Thank you for believing in the power of service and for being part of the impact we're making together.



DONATE NOW

[CLICK HERE TO ENJOY A FUN MOMENT
FROM OUR 2025 GUATEMALA SERVICE TRIP](#)

LIM 2025 ANNUAL HOLIDAY EVENTS



The holiday season is a time for generosity, connection, and spreading joy—and as 2025 came to a close, we were grateful for the opportunity to do just that through two meaningful events that allowed us to serve both families and veterans in our community.

Our **Annual Holiday Gift Back** is a cherished tradition. Each year, we partner with CHOA to identify families who could use additional support during the holidays. This year, we were honored to also include a family from a local charter school, expanding our reach and deepening our impact.

Through this program, families share their Christmas wish lists, giving us the opportunity to step in as Santa's elves and help make their holiday wishes come true. From gifts for children to easing the financial burden for parents already carrying heavy responsibilities, this effort is about more than presents—it's about dignity, care, and love. Every year, this event is filled with festive activities, meaningful moments of connection, and a special visit from Santa himself. The room was full of laughter, gratitude, and the joy that comes from being surrounded by community during the holidays.

In honor of Veterans Day, we partnered with Quest CDC to host our **Annual Veterans Thanksgiving**. This event was both a celebration of service and a commitment to care.

Together, we were able to provide all the groceries needed for a full Thanksgiving meal, along with breakfast, snacks during the event, and a welcoming space for fellowship and connection.

Our goal was simple: to ensure these veterans had everything they needed to enjoy a happy, stress-free Thanksgiving surrounded by community.

We are truly blessed to be a blessing—whether by bringing joy to children, lightening the load for families, or honoring veterans who have given so much.

None of this would be possible without your generosity, kindness, and willingness to give. Thank you for helping us make this holiday season brighter and more meaningful for those we serve.

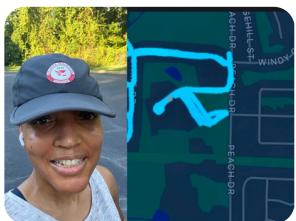


LEVEL UP WITH The LIM WELLNESS CLUB



We're excited to move, eat and feel our best in 2026.

Through the LIM Wellness club our goal is to increase access to holistic, preventative wellness resources by providing community-centered programming that supports physical fitness, mental well-being, and sustainable nutrition habits for individuals in Atlanta, GA. This initiative aims to reduce barriers to wellness by offering inclusive experiences that integrate movement, nutritional education and mental health tools. Our hope is that everyone who joins the LIM Wellness Club feels empowered and equipped to maintain their well-being and live immeasurably more!



MOVE WITH LIM

We're excited to kick off our monthly movement series. A 1-hour movement session led by board member, Kariim Smith. Sessions are tailored to all fitness levels. Join us as we create a safe, fun and fit space all 2026.

Classes will be held the last Saturday of every month at 10a. Spots are limited.

Register if you'd like to participate.



[CLICK HERE FOR MORE
ABOUT LIM COMPANY
WELLNESS & BOARD MEMBER
KARIIM SMITH](#)



START STRONG BINGO

On January 19, the LIM Wellness Club will kick off our first fitness challenge of the year. Start Strong Bingo is a fun way for our employees to set a firm, fit foundation for 2026. Join us as we prioritize our wellness by establishing healthy habits we can carry throughout the entire year. Share your progress on social media and in the Strava app.

[DOWNLOAD
YOUR BINGO
CARDS HERE](#)

Start strong in 2026! #LevelUpWithLIM #LIMWellnessClub





Thank You For Your Support

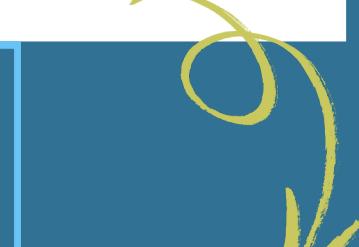


SERVING THE UNDERSERVED

In December, we hosted our quarterly Serving the Underserved Saturday in collaboration with Big Bethel Church, bringing together volunteers and partners to support our unhoused neighbors.

As part of this quarterly initiative, LIM gets the opportunity to serve clothing, hygiene products, breakfast, and lunch—along with something just as important: community and connection. It was meaningful to see both familiar faces and new ones join us. We're especially grateful to LIVV Atl Church for donating hundreds of hygiene kits and showing up to serve alongside us.

Together, we continue to create warm, welcoming space rooted in compassion and care for our underserved community.



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