

MARCH 2026

LIVE IMMEASURABLY MORE



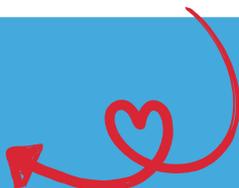
"At LIM, wellness is prevention, not just reaction."

Go Red. Show up. Stand Strong.

LIM Go Red Fashion Show | Feb. 2026



Donate to help us continue providing preventative wellness programming



To celebrate American Heart Month, we invited our friends and neighbors to join us for our inaugural Go Red Fashion Show. The challenge? Wear your best red outfit and strut your healthiest heart walk down the runway.

We shared heart-healthy snacks, meaningful conversations, education and encouragement around protecting one of our most vital organs. But more than anything, we shared joy. The laughter was loud, the energy was high, and the runway was filled with community.

Did you know, laughter is good for the heart too?

Heart health is deeply personal to LIM. It has directly impacted our CEO, Crystal Fleming and her family, and it is one of the driving forces behind why this nonprofit exists. We are committed to helping others live longer, healthier lives through prevention, awareness, and community-centered wellness.

This was just the beginning. Next year will be even bigger, even bolder, and even more red. ❤️

Movement is Medicine. Wellness is Wealth.



MOVE WITH LIM

This year, we proudly introduced **Move with LIM**. This is our community-centered wellness series designed to create an intentional space for movement every month. Each session is led by our very own board member, Kariim Smith, giving our Atlanta neighbors an opportunity for semi-personal, luxury training for free.

We believe wellness should be proactive, impactful, and joyful. Our **LIM Wellness Club** exists to bring people together through movement that supports both physical and mental health. Whether it's stretching, walking, strength training, or simply gathering in community, we are committed to encouraging each other on a path filled with prevention.

Why movement?

Research continues to show that regular movement plays a critical role in reducing the risk of heart disease, lowering blood pressure, decreasing stroke risk, improving mental health outcomes, and increasing overall longevity. Yet for many individuals and families, barriers such as cost, time, education, and access prevent consistent engagement.

Move with LIM is for everyone:

- Staff and families
- Community members
- Wellness beginners and seasoned movers
- Anyone ready to protect their health in community

As this program grows, donor support directly impacts our ability to:

- Compensate qualified instructors and facilitators
- Provide equipment and materials
- Offer free participation
- Expand outreach to underserved populations
- Sustain ongoing preventative health programming

Move with LIM represents LIM's commitment to proactive care. By investing in prevention today, we reduce the burden of crisis tomorrow.

We invite you to partner with us in strengthening our community one intentional step at a time.



Move with LIM
March 28 + April 25
10am
1311 Marietta Blvd NW
Atlanta, GA 30318



[Register on Eventbrite](#)

WOMEN'S HISTORY MONTH

INVIGORATING WOMEN

This **Women's History Month**, LIM proudly highlights our **Invigorating Women Initiative**. This initiative is a focused commitment to supporting women's emotional wellness, personal development and long-term stability.

We know that women often carry the weight of caregiving, professional responsibilities, and community leadership. Unfortunately, this too often leaves women placing their own health last. LIM is honored to do our part in changing that narrative.

Through intentional programming, we are creating spaces where women are supported, strengthened and seen

ANNUAL NEXT LEVEL WOMEN'S RETREAT

This retreat is an immersive experience focused on transparency, self-reflection, and intentional growth. This retreat guides women through key areas of development, including professional advancement, mental, spiritual, and physical well-being, financial literacy, and healthy relationships.

This is more than a getaway; it is an investment in sustainability. When women are resourced, families and communities benefit. [Learn more on our website!](#)

[CLICK HERE TO APPLY FOR NEXT LEVEL RETREAT BY MARCH 13, 2026](#)

S.U.R.R.E.N.D.E.R. Women's Group

This is LIM's ongoing women's support group, providing a consistent, confidential, spiritual, and structured space for growth and accountability. Through dialogue and community building experiences, LIM aims to create a space where women can process life's transitions, strengthen coping strategies and build spiritual strength. This group has cried together, prayed together, grown together and ensured that support is not just seasonal.

HOW YOU CAN SUPPORT

Your contribution helps us:

- Offset retreat costs for participants
- Provide materials for S.U.R.R.E.N.D.E.R.
- Expand access to women who may not otherwise afford wellness programming
- Sustain long-term emotional wellness initiatives



**When you invest in women,
you invest in generational impact.**

2026 Annual Guatemala Service Trip



In February 2026, the LIM Team traveled to Guatemala for the fifth time to partner with From Houses to Homes through our Serving the Underserved Initiative. This trip has become a part of who we are. We're committed to showing up, working side by side with families, and helping build something that will last long after we leave. Over the past five years, 64 volunteers have traveled with us and helped us build 10 homes, touching more lives than we could ever measure. Thank you to everyone who continues to give, support, and believe in this mission. Your generosity is the reason we're able to return each year and continue making an impact.

IMMEASURABLE IMPACT

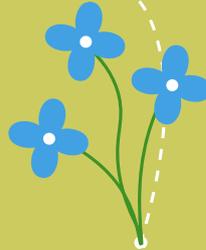
While the true impact of this work can't be fully measured, we still like to share a glimpse of what we can count. Behind every number is a story, a life touched, and a ripple effect far beyond what data can capture. Here's a look at some of the milestone to date that help tell the story.



Scholarship
Funds Awarded
\$100,000

\$47,200

Retreat
Attendance
Scholarships
Given



5

Next Level
Women's
Retreats Hosted

Women
Attended
59



22

Service
Saturdays
Hosted

10



Houses Built
with From
Houses to
Homes



136

Grocery Bags
Provided for
International
Underserved
Families

155
Days Collecting
Coats for our
Underserved
Neighbors

Vulnerable
Neighbors
Served

2,750+



35

Heart Survivors
Celebrated at The
Beat Goes On



WOMEN'S RETREAT ATTENDEE SPOTLIGHT



Zeynep Dilek

Hayat Cafe is a small dessert business I founded with the vision of bringing people together through comforting, beautifully crafted sweets. The name "Hayat," which means "life," represents my belief that food has the power to connect people and help celebrate meaningful moments. Through Hayat Cafe, I share a variety of American and Turkish dessert items, blending tradition with creativity.

Right now, Hayat Cafe is growing through custom orders, social media, and community pop-up events. For me, it's the beginning of a dream to one day open a welcoming café space where people can gather, enjoy desserts, and feel a sense of connection and warmth within the community.

Learn More



I went on the retreat because my brother was very persistent about it.

At first, I was honestly very hesitant because I'm someone who gets anxious around new people, and I wasn't sure if I would feel comfortable going. But my brother believed it would be good for me, and I trusted him.

It turns out he was right. Once I arrived, I began to feel excited and all of my nerves slowly disappeared. The LIM Women's Retreat helped me see how capable and worthy I truly am when I choose to believe in myself. It reminded me that I'm not alone in the struggles and doubts I sometimes face.

The encouragement, wisdom, and support from the women there meant more to me than words can express. Every conversation, every moment of encouragement, and every shared experience made me feel seen and uplifted.

Because of the confidence and inspiration, I gained from this retreat, I found the courage to take a big step in my life and begin launching my small business, Hayat Cafe.

I'm incredibly grateful for every woman who encouraged and inspired me during that time. Their support helped me believe that my dreams were possible, and that belief is what pushed me to start turning them into reality."



THANK YOU!

Our Service Saturdays always leave our hearts full and our communities stronger. This quarter, we were grateful for the support of our friends at NCMA. Learn more about the ways we Serve the Underserved on our [website!](#)



[CHECK
OUT
A RECAP
VIDEO
HERE](#)



LIVE

LANE



LIVE Corporate Team Members attend Clark Atlanta University Career Day March 2026



LIVE Strategic Advisor, Derrick Gervin attends GA Tech Apex Accelerator Small Business Association Event March 2026



U.S. Small Business Administration

We make small business **OUR BUSINESS**

START • GROW • EXPAND • RECOVER

Your ally when you need one and you advocate behind the scenes, we empower ambitious and passionate entrepreneurs

We want to take a moment to say thank you to the incredible people who make our work possible every day. Your commitment to showing up with excellence, supporting one another, and caring deeply about what we do does not go unnoticed.

We truly couldn't do this without you.

As we look ahead, we'd also love to celebrate more of you. If you have personal wellness highlights or community service wins, we'd love to share them in future newsletters.

Big or small, these moments help us stay connected and remind us that behind all the hard work are amazing people with meaningful lives and stories. Highlights can be emailed to marquita.fleming@invigoratelivingllc.com.

Thank you for all that you bring to this team. We're grateful for each of you.

www.invigorateliving.com