

LIVE IMMEASURABLY MORE

MAY 2026 NEWSLETTER



A Word From Our CEO

"I would like to thank each of you for your continued support of our organization. The community created and continuing to be built through our pillars would not be possible without your support. Be Well - Be Blessed! To Whom Much is Given, Much is Required!!"

Crystal Fleming

UPCOMING EVENTS

Move with LIM

Saturday, May 30
Body By Kariim Fitness
10am
FREE - Register on Eventbrite



DONATE NOW



More Good Days, Together!

May is Mental Health Awareness Month and we are reminded that wellness is not something we are meant to navigate alone. This year's theme, More Good Days Together, reflects something we deeply value at LIM. It represents the power of connection, community, and showing up for one another through every season of life.

At LIM, we strive to prioritize mental health not only in the work we do, but also in the way we care for ourselves and each other personally. Some of our most transformative moments have come through experienced we've had together. These moments strengthened our faith, deepened our compassion, and reminded us that healing often happens in community.

For us, a "good day" can look like traveling together in service, moving our bodies through fitness and wellness, worshipping together, supporting one another through difficult seasons, or simply creating spaces where people feel seen, valued, and encouraged. These shared experiences continue to shape the heart of our mission and remind us that mental wellness is connected to belonging, purpose, and support.

As we continue our work, LIM remains committed to helping individuals and communities connect with resources that support mental health and overall well-being. Whether through wellness initiatives, community outreach, education, or simply creating safe spaces for conversation, we believe everyone is worthy of access to support, hope, and more good days together.



Unlock Your Power: Girls Entrepreneur Boot Camp

Live Immeasurably More Around the World

This spring, the Live Immeasurably More team traveled to Guyana for an impactful week focused on connection, learning, service, and empowerment. Our time was centered on nurturing relationships within the community, learning about the incredible growth taking place, and finding meaningful ways to show up as both supporters and learners. From day one, we were welcomed with open arms by locals eager to share the history of their town and the exciting direction they are headed.

The cornerstone of the trip was hosting “Unlock Your Power,” a girls’ entrepreneurship bootcamp in collaboration with Guyanese non-profit, Girl Stand Up. It was a magnificent experience to collaborate with local leaders to pour into young girls, encouraging confidence, creativity, and growth together.

In addition, our CEO attended several trainings to deepen our understanding of working alongside local businesses in sustainable and empowering ways. We also partnered with a local organization promoting health and wellness and proudly participated in a community 5K and 10K, leaving with medals and memories to match.

Service was at the heart of our journey. Thanks to the generosity of our donors, we were able to bring donations to a local orphanage where the joy was unmistakable. We spent intentional time getting to know the children. We had a blast playing, laughing, and connecting while offering encouragement and hope. The excitement on the children’s faces reminded us why this work matters. We returned home with new friends, mentees, full hearts, and deep gratitude for the spaces and places that allow us to give immeasurably more. Thank you to everyone who donated and helped make this unforgettable experience possible.



Black Entrepreneurs Association Networking Mixer



Chick-N-Run with Local Run/Walk Club Stride592



LIM CEO attends local training with Centre for Local Business Development



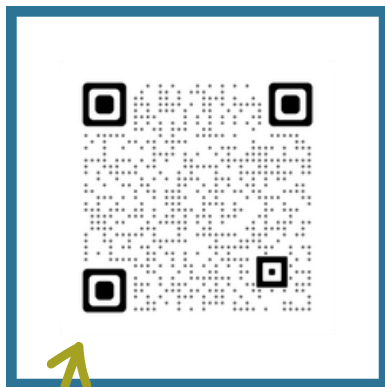
Donation and Connection time with the LIM Team at local Orphanage



Girls Entrepreneur Boot Camp Pitch Competition Finalists

LIM AROUND THE WORLD

GUYANA 2026



DONATE TO THE CAUSE

DONATE

TO SUPPORT NEXT LEVEL WOMEN'S RETREAT



Each year, our Next Level Journey Women's Retreat brings together young women for a powerful, life-shaping experience rooted in growth, self-reflection, and sisterhood.

Through workshops, wellness activities, mentorship, and meaningful connection, participants walk away more confident, equipped, and ready to step into their purpose.

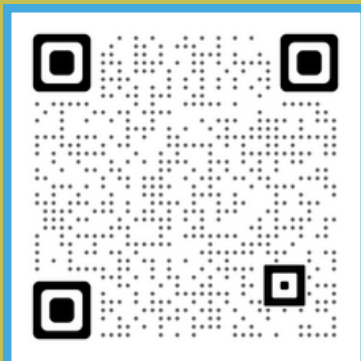
What makes this retreat truly special?

Every woman attends on a full scholarship.

Because of generous donors like you, we're able to cover housing, travel, meals, retreat materials, and heartfelt gifts. Your donations help to remove financial barriers and ensure each participant can focus fully on her transformation.

As we prepare for this year's retreat, we invite you to partner with us. Your donation directly funds the behind-the-scenes essentials that turn this vision into reality and create a safe, affirming space for women to level up mentally, spiritually, and personally.

Give today to help us continue cultivating confident, purpose-driven women - one retreat, one story, one investment at a time.



Donate Now!

**\$800 = Full Scholarship
for one attendee!**



Celebrating The Next Level

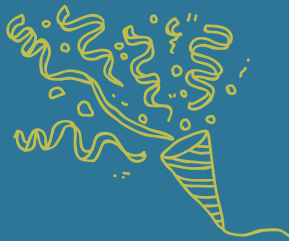
Next Level Retreat Participant Highlight

We love celebrating the growth of the women in our community, and Shadya and Jenise are shining examples of what's possible when purpose meets perseverance.

At just 24 years old, Shadya is a two-time retreat attendee who continues to level up in extraordinary ways. We're proud to celebrate her recent graduation with a Master's in Biomedical Science from Barry University and her exciting acceptance into Howard University College of Dentistry. This is a major milestone on her journey toward a career rooted in impact and service.



We're also celebrating Jenise, whose dedication and leadership have been nothing short of inspiring. A recent graduate of the Georgia Institute of Technology with a Bachelor of Science in Computer Science, Jenise made her mark through service, innovation, and community. During her time at Tech, she served as a founder, secretary, and vice president of the Black Student Computing Organization (BSCO), co-director of operations for HexLabs, and held multiple leadership roles within God's Influence Flowing Through Every Disciple (GIFTED). She is also a proud member of the Nu Beta Chapter of Alpha Kappa Alpha Sorority, Incorporated.



Maintaining meaningful relationships with the women in our community is at the heart of what we do. We don't just walk alongside them during the retreat, we continue to support, encourage, and celebrate them through every season.

Shadya and Jenise, we are so proud of you both and honored to be part of your journeys.

"Attending the retreat has truly been a blessing in my life. It gave me the space to grow, reflect, and find peace through different seasons of my journey. As I prepare to graduate and begin dental school, I'm incredibly thankful for the guidance, support, and genuine sisterhood I've experienced through this community over the years."

— Shadya

"I enjoyed being able to attend the 2025 LIM Women's Retreat! I most appreciated that everyone was very sweet and welcoming, and the sessions gave me a different way to view my life and the goals I want to achieve."

— Jenise

EDUCATION THROUGH SCHOLARSHIP

2026 Scholarship Ceremony



We were so proud to celebrate our 2026 Scholarship Ceremony, honoring outstanding high school seniors who are leveling up in their schools, communities, and on their journey to college. This year's celebration was made even more special by an encouraging message from local police chief, Debra Williams.

These students embody leadership, resilience, and a commitment to making a difference. Every year it is truly an honor to invest in their futures.

Each year, we award five scholarships to students across different areas, providing not only financial support but ongoing encouragement as they transition into higher education.

To date, we've proudly distributed over \$100,000 in scholarships, and we're committed to being a trusted resource for our scholars throughout their entire college journey.

We're excited to watch this year's recipients continue to grow, lead, and thrive. We will forever be grateful to play a small role in helping them reach what's next!



LIM HAPPENINGS

May 30

— YOU'RE INVITED TO —

MOVE WITH LIM

Mobility • Stretch • Reset

Take one hour to slow down, **move better**,
release tension, and **recharge** your body.



A BEGINNER-FRIENDLY MOBILITY & STRETCH SESSION

-  **IMPROVE MOBILITY**
Move with more ease
-  **INCREASE FLEXIBILITY**
Feel less tight, more free
-  **REDUCE STRESS**
Reset your body and mind
-  **BETTER POSTURE**
Support your everyday life
-  **ALL BODIES WELCOME**
No experience needed.
Just come as you are.

Move better. Feel better. Live well.

All are welcome!
No experience needed.
Just come as you are.

SATURDAY MAY 30
10:00AM - 11:00AM

BODY BY KARIIM FITNESS
1331 MARIETTA BLVD NW
UNIT A
ATLANTA, GA 30318

REGISTER HERE!
SCAN TO REGISTER ON EVENTBRITE



PLEASE BRING:

-  **YOGA MAT OR TOWEL**
-  **WATER**
-  **COMFORTABLE CLOTHING**

 **MOVE BETTER. FEEL BETTER. LIVE WELL—TOGETHER.**
Stronger Together.

- July 2026 – LIM Next Level Women’s Retreat
- September 2026 – LIM Saturday Service Opportunity
- November 2026 – LIM Veteran’s Outreach
- December 2026 – LIM The Beat Goes On Event
- December 2026 – Holiday Gift Back

Stay tuned for further details!

Email tara.santee@invigoratelivingllc.com with questions or comments.