

LIM NEWSLETTER

JULY 2026



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UPCOMING EVENTS

16

JULY 16 – 19

Annual Next Level Women's Retreat
Blue Ridge, GA

07

AUGUST 7

Guatemala Service Trip Meeting
Virtual



The FIFA World Cup is underway, and Atlanta has been buzzing with energy. Across the city, fans from around the world are gathering to celebrate, share cultures, and create unforgettable memories. Restaurants are full, watch parties are bringing neighbors together, and public spaces are alive with connection.

It couldn't be a more fitting backdrop for Social Wellness Month this July.

Social wellness is about cultivating meaningful relationships, fostering a sense of belonging, and building communities where people feel connected. While wellness often brings to mind exercise or nutrition, our relationships are just as important to our overall well-being.

One of the most encouraging stories to come from the tournament so far is that, despite welcoming tens of thousands of visitors, Atlanta experienced a decrease in overall reported crime during the opening weeks of the World Cup. It's a reminder that when communities come together around shared experiences, positive things can happen.

At LIM, we believe that strong communities create stronger people. Whether you're attending a local event, sharing a meal with a friend, introducing yourself to a neighbor, or simply checking in on someone you care about, every act of connection matters.

This month we're encouraging you to take steps toward strengthening your connections and community, because wellness grows when community grows.

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MEET ONE OF OUR NEWEST TEAM MEMBERS

INTERN
SPOTLIGHT
5 QUESTIONS
WITH LARENZ



We're excited to welcome Larenz S. to the LIM team this summer! Larenz is a rising Junior at Georgia Southern University. As a Finance major, Larenz has jumped right in to eagerly learn and support the team. Get to know Intern Larenze below:

- **What made you want to intern with LIM?** *I wanted to Intern with LIM because the values that I have align with the opportunity well.*
- **What's something you've learned in your first few weeks?** *Something that I learned in the first weeks was to be patient and learn. When going through new experiences you can sometimes get overwhelmed. I learned and adapted over time during the internship.*
- **Which of LIM's initiatives are you most excited to be part of?** *The health and wellness initiative is the one that I'm most excited to be apart of because I know how it feels to be in the not best of health and how that can affect one's life. Health comes first before anything.*
- **What's a fun fact about you?** *A fun fact about me is that I've been riding a motorcycle since I was 13 years old.*
- **What does "living immeasurably more" mean to you?** *Living immeasurably more means that you should be living within your purpose everyday and strive to be better no matter the circumstances. This is a great acronym to live by because it'll always keep you on the right path/right direction.*

Welcome to the family, Larenze. We're so glad you're here!



EDUCATION THROUGH SCHOLARSHIP

Some celebrations can't wait for the next ceremony. Nina, one of this year's scholarship recipients, was unable to attend our Scholarship Ceremony to accept her award this Spring.

So while traveling to Los Angeles, Crystal and Tara made sure she didn't miss out on the moment. They met with Nina in person for a private celebration, presenting her scholarship award and taking the time to tell her, one on one, how proud we are of her and everything that lies ahead.

Nina is excited to be headed to Yale and study Mechanical Engineering.

Moments like these are why our scholarship program exists. We're not just here to fund a semester, but to make sure every recipient knows they are seen and celebrated, ceremony or not.

To date, LIM has awarded over \$100,000 in scholarships, and with your generosity we plan to give immeasurably more!



SUMMER MEALS, WE'VE GOT YOU COVERED

Partnering with Friends Helping Friends to Fight Summer Food Insecurity



Serving the underresourced community looked different for us this June. For many kids, the school cafeteria is more than just lunch; it's a safe place where they can count on receiving a reliable meal every day of the school week. But when summer break hits, that safety net disappears, leaving families who rely on school meals to figure out the gap on their own. This summer, LIM partnered with local nonprofit Friends Helping Friends to help close that gap. Together, we collected food donations for families in our community experiencing food insecurity, making sure kids didn't have to go without simply because school was out.

Partnerships like this are the opportunities we crave and the moments we get to show that serving is a verb. Moments like this always remind us of the importance of showing up for the everyday needs of our community that don't take a summer off.

Thank you to Friends Helping Friends for teaming up with us, and to everyone who donated to make this collection possible.



A Look Back Before We Look Ahead

The Next Level Women's Retreat



With this year's Next Level Women's Retreat just days away (July 16 - 19), we wanted to take a moment to look back at where we've been.

Each retreat brings its own theme, its own energy and its own group of women but the heart and purpose never changes.

For four days, attendees step away from the noise of everyday life to spend time with other young women on a similar journey. They learn from incredible speakers on finances, relationships, confidence, health and wellness, and so much more. They leave with real tools in their toolbelt's to take on their journey of leveling up and becoming the best version of themselves.

Last year's theme, The Power of Choice, reminded us that so much of wellness comes down to the small, daily decisions we make for ourselves. It's one of our favorite themes yet, and the photos from that weekend still make us smile.

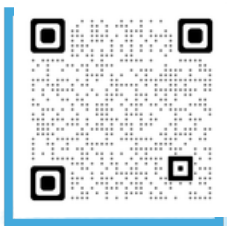
What we love most is watching the full arc: first-time attendees walking in a little nervous and walking out empowered, and returning attendees coming back excited to share how much they've grown since their last retreat.

We love when the women are eager to talk about how we can keep supporting and collaborating with them going forward. That's the real win. Just like our other LIM Programming, this isn't a one-and-done weekend; it's a relationship that keeps building.

Every woman who attends does so on a full scholarship, made possible by donors like you.

\$800 = a full scholarship for one woman to attend the retreat. Your gift covers housing, meals, materials, transportation and the small, thoughtful touches that make women feel seen.

Help us send another woman into a week that could change her life.



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CORPORATE WELLNESS

JULY 2026



Our team has been proving that wellness isn't a once-a-year initiative. It's a daily practice that we can do in community to lead to lifestyle changes. Between group workouts, personal fitness milestones, and friendly competition, the LIM/LIVE team has been moving with purpose all summer.

As part of our corporate wellness strategy, our team took part in a Beat the Beltline challenge, pushing each other toward consistency in our walking habits. Through in-office tracking, check-ins and shared accountability we showed that when we move together, we go further together.

Whether it's a group class, a solo run, or a quick stretch between meetings, every bit of movement with LIM reflects something we believe deeply: that taking care of your body is part of how we take care of our community.



Exciting news for our LIM Wellness Club: Move with LIM has officially gone virtual! Starting in June, our team decided to make our monthly stretch and mobility session even more accessible. By offering one free video guide a month, we're able to create space for you to Move with LIM no matter where you are.

And that's not all. We kicked off a brand-new series with board member and master trainer Kariim Smith called Hungry in a Hurry. This series offers practical, real-life guidance on eating well when life doesn't slow down and you have to make a choice to grab an outside meal in a hurry.

Episode one tackles a question we have definitely faced before: How do you eat well at Chipotle?

Wellness should fit into your actual life, not the other way around. We can't wait for you to check it out on our Social Media platforms.



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