

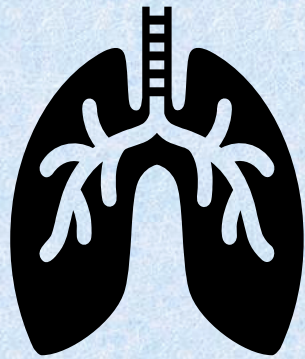
The background is a light blue gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. The text is centered on the page.

# SET, SHIFT, EVOLVE!

**LFA GEORGIA LUPUS EMPOWERMENT SUMMIT:  
EMBRACING YOUR LUPUS JOURNEY**

# GROUP EXERCISE

*5-4-3-2-1 TECHNIQUE*



# WHERE IS THE LEMONADE IN THIS?

## Treatment

1. Albuterol
2. Amitriptyline
3. Azathioprine
4. Azelastine
5. Belimumab
6. Butalbital
7. Clobetasol
8. Cyclosporine
9. Enalapril
10. Gabapentin
11. Hydrocodone
12. Hydroxychloroquine
13. IVIG
14. Lisinopril
15. Meloxicam
16. Methylprednisolone
17. Methotrexate
18. Mupirocin
19. Mycophenolate
20. Oxycodone
21. Potassium Chloride
22. Propranolol
23. Pulse Steroids
24. Quinacrine
25. Rituxan
26. Rizatriptan
27. Topiramate

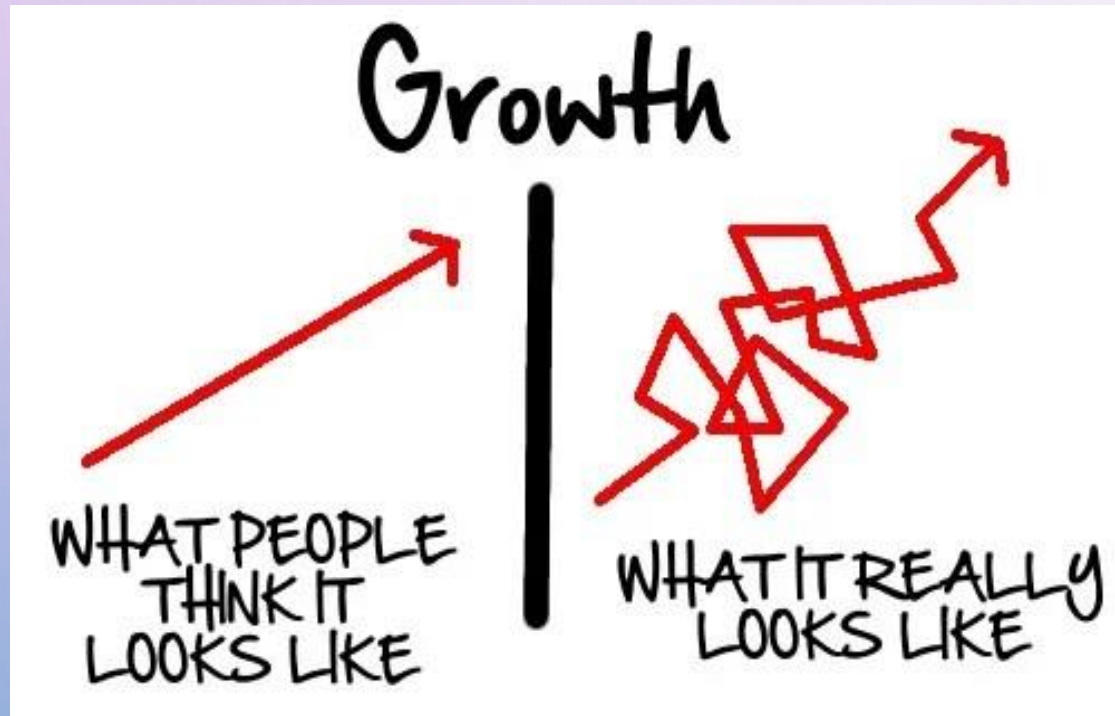
## Specialists

1. Rheumatologist
2. Nephrologist
3. Neurologist
4. Ophthalmologist
5. Cardiologist
6. Infectious Disease
7. Dermatologist
8. Pulmonologist
9. Orthopedic Surgeon
10. Physical Therapist
11. Physiologist
12. Gastroenterologist
13. Endocrinologist
14. Gynecologist
15. Hematologist
16. ENT
17. Oncologist
18. Holistic Nutritionist
19. Primary Generalist
20. Dentist/Periodontist

**YOUR EXCELLENCE CAN NEVER BE HIDDEN!!!**



# SHIFTING.....



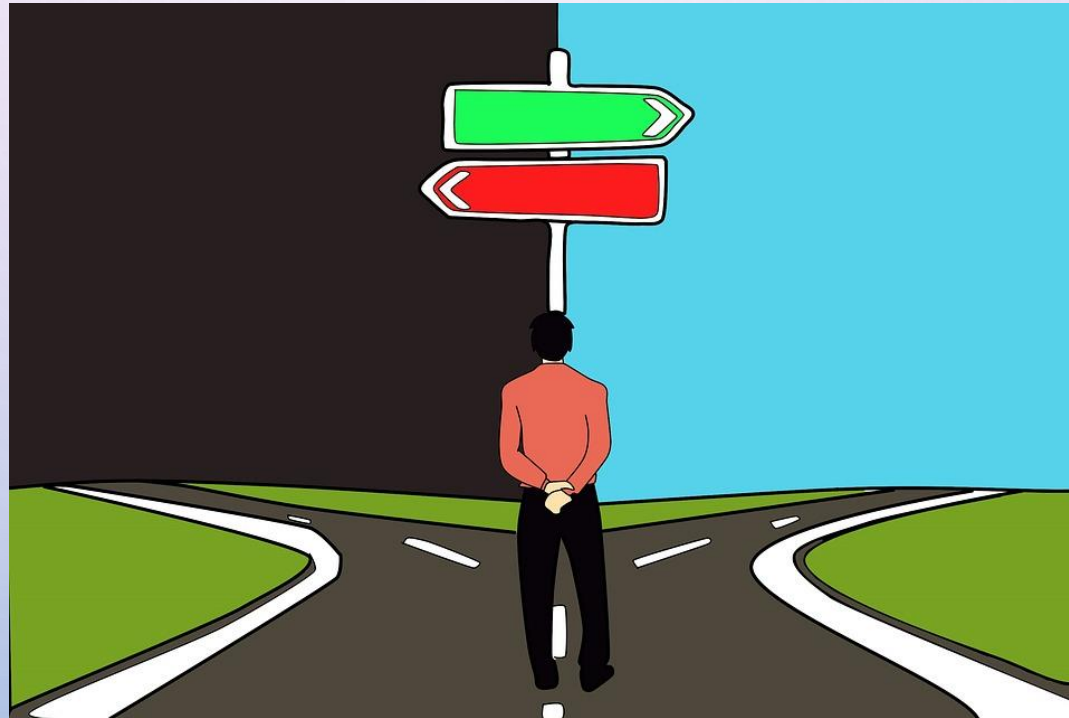
# 1. ACKNOWLEDGMENT



## 2. SPOILER ALERT: IT ALL COUNTS, SO WHAT'S THE RUSH?



### 3. MAKE AN INTENTIONAL CHOICE TO SHIFT





# LAHAINA BANYAN TREE



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# SIGNS OF HOPE....EVOLVING



# MANY THANKS!!



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Blogger/Motivational Speaker  
Holistic Lifestyle Ambassador

**@GOLDENMOE**

**#LemonadeMaker**

