

ACTION for Lupus *Forum*

Sunday, 10 February 2019
St. Luke's Medical Center, Quezon City

by: Bethlehem C. Mula, MD

In line with the National Lupus Advocacy Week Celebration, the People Empowerment for Arthritis and Lupus (PEARL) held a forum on 10 February 2019 Sunday morning, with a theme #Action for lupus: Shining our Light and making a Positive Impact on the World at 14th Floor Auditorium, CHBC, St. Luke's Medical Center, Quezon City. There were 6 adept speakers who shared their expertise in various livelihood ventures that can help create opportunities for our patients.

The first lecture on Understanding Savings and Investments was delivered by Mr. Rheniel Zurbano. He emphasized the importance of achieving financial stability by embracing a simple life, saving "piso a day", and setting aside for retirement and investment.

his experiences in developing an urban farm and some practical ways to start indoor and outdoor vegetable garden in a limited lot space.



Mr. Rheniel Zurbano lecturing on Understanding Savings and Investments

Ms. Ellyn Centeno, a rheumatoid arthritis patient, president of the Arthritis Club of the Philippines, and an entrepreneur, gave a short talk on Buy and Sell essentials. Her lecture was indeed very informative and cloaked with inspiration.



Mr. Raul Norbe lecturing on Urban Farming

This was followed by an Urban Farming coaching with Mr. Raul Norbe. He shared



Ms. Ellyn Centeno lecturing on Buy and Sell essentials

Another highlight of the event was the Potato USA introduction with Chef Alvin Ong and Chef Myrna Segismundo. The actual demonstration of mashed potato making, ube halaya making,



Chef Alvin Ong while demonstrating mashed potato making, and siomai making

and attention. The last lecturer was Mr. Christian John Tomas who gave an enlightening talk on the Principle of Money Management.



Mr. Christian John Tomas lecturing on Principle of Money Management.

A total of 75 participants attended the event and everyone enjoyed the prepared snacks (chicken lollipop, pandesal, and coffee) served during breaktime.

Overall, the assembly was indeed very productive and worthwhile. Special thanks to the supporters, benefactors, fellows and staff of UST Hospital and St. Luke's Medical Center for their hard work and never-ending support.



Chef Myrna Segismundo with US Potato while demonstrating ube halaya making.

and siomai making using dehydrated potatoes captured each one's interest



Photo Gallery:



