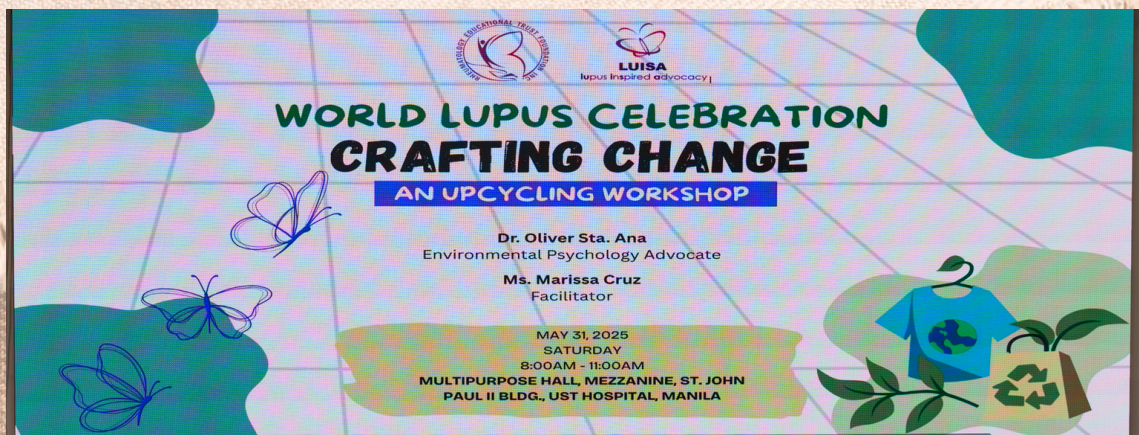


World Lupus Day Celebration

Crafting Change: An Upcycling Workshop

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They say, “One man’s trash is another man’s treasure.” Some may toss out things they no longer use, but for others, these items still hold value. In celebration of World Lupus Day, we were fortunate to be visited by passionate eco-warriors during an event themed, “Crafting Change: An Upcycling Workshop.” The event was held on May 31, 2025 at the Multipurpose Hall, Mezzanine, St. John Paul II Building, UST Hospital, and was attended by 53 lupus patients, both adults and children.



It was a meaningful and activity-filled day. The program was opened by Dr. Lyndon Llamado, Section Head of Rheumatology at UST Hospital. This was followed by games and surprises led by the outgoing fellows of the section.

We were then honored to hear from two eco-specialists who generously shared their knowledge on how the environment can play a role in healing. Dr. Oliver B. Sta Ana, an expert in environmental psychology, spoke about the importance of lupus advocacy, the power of supportive environments in the healing process, and the need for proper education about the disease.



Registration facilitated by USTH, SLMC and PRA team



Dr. Llamado welcomes everyone to the event



Dr. Oliver Sta Ana during his lecture on lupus advocacy

The highlight of the day was the upcycling workshop, facilitated by Ms. Marissa Cruz, founder of Upstyle—a creative advocacy that transforms waste materials into functional and artistic pieces. Two hands-on activities were prepared: lanyard-making for the adults and paper pulp painting using scrap paper for the children.



Ms. Mawie shows the different upcycled arts



The Upstyle Team together with Ms. Robelle and Dr. Sandra Navarra



The adults enjoying their lanyard making



The kids showing their finished artworks

It was truly a fun and fulfilling day. Both kids and adults brought home their handmade artworks. After the workshop, more prizes were raffled off, and two lucky participants won the grand prizes: wristwatches by Narra.

The workshop highlighted not only the value of environmental mindfulness but also the resilience and creativity of the lupus community. It reinforced the idea that healing can come from many sources—support, art, nature, and each other.

