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Ko PATAG te māunga  
Ko Philippine Airlines  
te waka  
Ko Bacolod Pilipinas  
tōku ahau  
Ko SUMERGIDO ALEDRON  
tōku whanau  
Ko ROMMEL tōku  
matua  
Ko ARLYN toku whaea  
Ko AJ ALEDRON tōku  
ingoa

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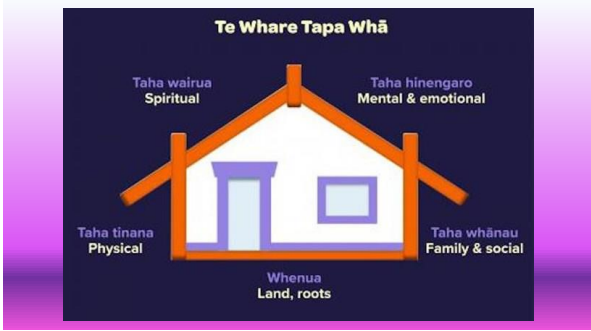
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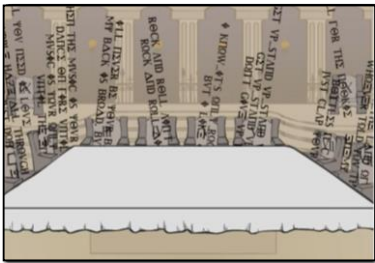
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1. Brain Food
2. Killing Ants
3. Exercise
4. Brain Nutrients
5. Positive Peer Group
6. Clean environment
7. Sleep
8. Brain Protection
9. New Learnings (Neurogenesis / Neuroplasticity)
10. Stress Management

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