



State of Rhode Island  
Office of the Secretary of State

Fee: \$35.00

Division Of Business Services  
148 W. River Street  
Providence RI 02904-2615  
(401) 222-3040

Non-Profit Corporation  
Articles of Incorporation

(Chapter 7-6-34 of the General Laws of Rhode Island, 1956, as amended)

ARTICLE I

The name of the corporation is Mindfulness and Health Foundation, Inc.

ARTICLE II

The period of its duration is  Perpetual

ARTICLE III

The specific purpose or purposes for which the corporation is organized are:

(A) EDUCATIONAL SERVICES RELATED TO MINDFULNESS TRAINING; AND (B) TO TRANSACT ANY OR ALL OTHER LAWFUL BUSINESS FOR WHICH [LIMITED LIABILITY COMPANIES] MAY BE INCORPORATED UNDER THE RHODE ISLAND NONPROFIT CORPORATION ACT (R.I.G.L. § 7-6-1 ET. SEQ.), AS AMENDED HEREAFTER.

ARTICLE IV

Provisions, if any, not inconsistent with the law, which the incorporators elect to set forth in these articles of incorporation for the regulation of the internal affairs of the corporation are:

ARTICLE V

The street address (post office boxes are not acceptable) of the initial registered office of the corporation is:

No. and Street: 1301 ATWOOD AVENUE, STE. 215N

City or Town: JOHNSTON

State: RI

Zip: 02919

The name of its initial registered agent at such address is KAS R. DECARVALHO, ESQ.

ARTICLE VI

The number of directors constituting the initial Board of Directors of the Corporation is 3 and the names and addresses of the persons who are to serve as the initial directors are:

Title	Individual Name	Address
	First, Middle, Last, Suffix	Address, City or Town, State, Zip Code, Country
DIRECTOR	EOWYN AHLSTROM	P.O. BOX 2721 PROVIDENCE, RI 02906 USA

DIRECTOR	DIANNE HORGAN	P.O. BOX 2721 PROVIDENCE, RI 02906 USA
DIRECTOR	COLIN MURPHY	P.O. BOX 2721 PROVIDENCE, RI 02906 USA

**ARTICLE VII**

The name and address of the incorporator is:

<b>Title</b>	<b>Individual Name</b> First, Middle, Last, Suffix	<b>Address</b> Address, City or Town, State, Zip Code, Country
INCORPORATOR	KAS R DECARVALHO ESQ.	1301 ATWOOD AVENUE, STE. 215N JOHNSTON, RI 02919 USA

**ARTICLE VIII**

Date when corporate existence is to begin 07/13/2022  
(not prior to, nor more than 30 days after, the filing of these Articles of Incorporation)

**Signed this 13 Day of July, 2022 at 2:03:00 PM by the incorporator(s).** *This electronic signature of the individual or individuals signing this instrument constitutes the affirmation or acknowledgement of the signatory, under penalties of perjury, that this instrument is that individual's act and deed or the act and deed of the corporation, and that the facts stated herein are true, as of the date of the electronic filing, in compliance with R.I. Gen. Laws § 7-6.*

**Enter signature(s) below.**  
KAS R. DECARVALHO, ESQ.

Form No. 200  
Revised 09/07

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State of Rhode Island  
**Department of State | Office of the Secretary of State**  
**Nellie M. Gorbea**, *Secretary of State*

I, NELLIE M. GORBEA, Secretary of State of the State of Rhode Island,  
hereby certify that this document, duly executed in accordance with the provisions  
of Title 7 of the General Laws of Rhode Island, as amended, has been filed in this  
office on this day:

July 13, 2022 02:00 PM

A handwritten signature in blue ink that reads "Nellie M. Gorbea".

Nellie M. Gorbea  
*Secretary of State*

