



**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 MindFit

ARTICLE II

The period of its duration is X Perpetual

ARTICLE III

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

ABOUT MINDFIT: OUR PRIMARY GOAL IS TO FOSTER BALANCE AND WELL-BEING
IN THE
LIVES OF EVERY INDIVIDUAL WHO UTILIZES THE SERVICES WE OFFER,
ADDRESSING
THEIR PHYSICAL, MENTAL, AND EMOTIONAL NEEDS.

VISION: OUR VISION IS TO ESTABLISH MINDFIT AS A RENOWNED AND INCLUSIVE
COMMUNITY DEDICATED TO OFFERING UNWAVERING SUPPORT AND A SECURE
HAVEN FOR
INDIVIDUALS TO EMBRACE THEIR TRUE SELVES, EXPRESS THEIR THOUGHTS
FREELY,
AND EMBARK ON A JOURNEY OF RECOVERY. AS A NON-PROFIT ORGANIZATION,
MINDFIT
IS COMMITTED TO ENABLING RECOVERY BY PROVIDING COMPREHENSIVE AND
COST-FREE
SERVICES. WE COLLABORATE WITH LOCAL GYMS TO CREATE A WARM AND
INVITING
ATMOSPHERE, OFFERING A DIVERSE RANGE OF FITNESS CLASSES AND
PERSONALIZED
COACHING. THESE ACTIVITIES ARE FOLLOWED BY NON-DENOMINATIONAL
GROUP SUPPORT
SESSIONS AND RECOVERY MEETINGS. OUR AIM IS TO FOSTER BOTH PHYSICAL
AND
EMOTIONAL BONDING AMONG OUR MEMBERS THROUGH ENGAGING

WORKOUTS AND MEANINGFUL INTERACTIONS DURING MEETINGS. AT MINDFIT, WE STRIVE TO ERADICATE THE STIGMA SURROUNDING MENTAL HEALTH, ENSURING THAT EVERY INDIVIDUAL IS EMBRACED AND WELCOMED WITH OPEN ARMS.

DIVERSITY AND INCLUSION: THE OFFICERS, DIRECTORS, COMMITTEE MEMBERS, EMPLOYEES, AND INDIVIDUALS SERVED BY THIS ORGANIZATION SHALL BE SELECTED SOLELY ON THE BASIS OF MERIT AND QUALIFICATIONS, WITHOUT ANY FORM OF DISCRIMINATION BASED ON AGE, SEX, RACE, RELIGION, NATIONAL ORIGIN, SEXUAL ORIENTATION, OR ANY OTHER LEGALLY PROTECTED CATEGORY OR STATUS. MINDFIT IS COMMITTED TO MAINTAINING A POLICY OF EQUAL OPPORTUNITY AND NON-DISCRIMINATION, ENSURING THAT NO INDIVIDUAL IS TREATED UNFAIRLY OR UNFAVORABLY BASED ON THEIR RACE, CREED, ANCESTRY, MARITAL STATUS, GENDER, SEXUAL ORIENTATION, AGE, PHYSICAL DISABILITY, VETERAN'S STATUS, POLITICAL SERVICE OR AFFILIATION, COLOR, RELIGION, NATIONAL ORIGIN, OR ANY OTHER PROTECTED CATEGORY OR STATUS AS DEFINED BY THE LAW.

MINDFIT SERVICES GYM: MINDFIT IS DEDICATED TO EMPOWERING INDIVIDUALS BY PROMOTING HEALTHY HABITS, MINDFULNESS, AND ACCOUNTABILITY IN THE FACE OF PERSONAL CHALLENGES. WE FIRMLY BELIEVE THAT EXERCISE, COMMITMENT, AND REPETITION ARE THE KEYS TO ACHIEVING THESE GOALS. BY LEVERAGING PHYSICAL ACTIVITY AND WELLNESS, MINDFIT ASSISTS MEMBERS IN REDISCOVERING THEIR TRUE IDENTITIES. AS RESEARCH INDICATES, INDIVIDUALS GRAPPLING WITH MENTAL HEALTH AND SUBSTANCE ABUSE DISORDERS ARE PARTICULARLY SUSCEPTIBLE TO PHYSICAL HEALTH ISSUES. CONSEQUENTLY, WE ARE COMMITTED TO PROVIDING ASSISTANCE IN THIS REGARD.

THERAPY: MINDFIT RECOGNIZES THE PROFOUND IMPACT OF LIFE'S TRAUMAS AND BELIEVES THAT PERSONALIZED THERAPY PLAYS A CRUCIAL ROLE IN THE JOURNEY TO

RECOVERY. WE ARE COMMITTED TO PROVIDING A SECURE AND CONFIDENTIAL HAVEN FOR INDIVIDUALS SEEKING A THERAPEUTIC SETTING TO DELVE INTO THEIR THOUGHTS, EMOTIONS, AND LIFE EXPERIENCES. IN ADDITION TO OUR 60-MINUTE SUPPORT MEETINGS, WE AIM TO OFFER A NURTURING ENVIRONMENT FOR ONE-ON-ONE THERAPY SESSIONS, FACILITATING PROFOUND HEALING AND PERSONAL GROWTH. GROUP SUPPORT: MINDFIT, IN COLLABORATION WITH IRONCLAD FITNESS CENTER, WARMLY WELCOMES INDIVIDUALS GRAPPLING WITH MENTAL HEALTH ISSUES, ADDICTION, OR LIFE TRAUMAS TO OUR EMPOWERING AND TRANSFORMATIVE WEEKLY GROUP SUPPORT MEETINGS.

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: 30 WEBB STREET

City or Town: CRANSTON

State: RI

Zip: 02921

The name of its initial registered agent at such address is DAVID WARD-SMITH

ARTICLE VI

The number of directors constituting the initial Board of Directors of the Corporation is 6 and the names and addresses of the persons who are to serve as the initial directors are:

Title	Individual Name First, Middle, Last, Suffix	Address Address, City or Town, State, Zip Code, Country
DIRECTOR	DAVID WARD-SMITH	103 PASTURE VIEW LANE CRANSTON, RI 02921 USA
DIRECTOR	AMANDA WARD-SMITH	103 PASTURE VIEW LANE CRANSTON, RI 02921 USA
DIRECTOR	JOHN GRAZIANO	64 ALBERT AVENUE CRANSTON, RI 02905 USA
DIRECTOR	LEAH HOUSTON	114 PASTURE VIEW LANE CRANSTON, RI 02921 USA
DIRECTOR	ANA URENA	51 JOB STREET PROVIDENCE, RI 02904 USA

DIRECTOR	ANTHONY WARD-SMITH	8 ALPINE ESTATES DRIVE CRANSTON, RI 02921 USA
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ARTICLE VII

The name and address of the incorporator is:

Title	Individual Name First, Middle, Last, Suffix	Address Address, City or Town, State, Zip Code, Country
INCORPORATOR	DAVID WARD-SMITH	51 JOB STREET PROVIDENCE, RI 02904 USA

ARTICLE VIII

Date when corporate existence is to begin 11/1/2023
(not prior to, nor more than 30 days after, the filing of these Articles of Incorporation)

Signed this 1 Day of November, 2023 at 5:27:38 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.

DAVID WARD-SMITH

Form No. 200
Revised 09/07

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State of Rhode Island

Department of State | Office of the Secretary of State

Gregg M. Amore, *Secretary of State*

I, GREGG M. AMORE, 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:

November 01, 2023 05:27 PM

A handwritten signature in black ink, reading "Gregg M. Amore".

Gregg M. Amore
Secretary of State

