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| Certified Copies Certificates of Status |
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| Special Instructions to Filing Officer: |
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CORPORATE FILING SERVICE

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| CORPORATION NAME(S) & DOCUM | ENT NUMBER(S), (if known): |
| IPE & HEALTH (Corporation Name) | Alternatives, inc. |
| (Corporation Name) | (Document #) |
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| (Corporation Name) | (Document #) |
| 4. (Corporation Name) | (Document #) |
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| Walk in Pick up time | 2:00 Pm |
| ☐ Mail out ☐ Will wait | Photocopy Certificate of Status |
| NEW FILINGS | AMENDMENTS |
| Profit Not for Profit Limited Liability Domestication Other | Amendment Resignation of R.A., Officer/Director Change of Registered Agent Dissolution/Withdrawal Merger |
| OTHER FILINGS | REGISTRATION/QUALIFICATION |
| Annual Report Fictitious Name | Foreign Limited Partnership Reinstatement Trademark Other |
| CP2E021/7/07\ | Examiner's Initials |

ARTICLES OF INCORPORATION

The undersigned incorporator(s), for the purpose of forming a corporation under the Florida Business Corporation Act, hereby adopt(s) the following Articles of Incorporation.

ARTICLE 1 – NAME

The name of the corporation shall be:

LIFE & HEALTH ALTERNATIVES, INC.

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ARTICLE II - PRINCIPAL OFFICE

The principal place of business and mailing of this corporation shall be:

865 NW 126 Ct. Miami, Florida 33182

ARTICLE III – SHARES

The number of shares of stock that this corporation is authorized to have outstanding at any one time is:

100

ARTICLE IV - REGISTERED AGENT AND STREET ADDRESS

The name and address of the initial registered agent is:

JOEL LEZCANO 865 NW 126 CT. MIAMI, FLORIDA 33182

ARTICLE V – INCORPORATOR

The name and street address of the incorporator to these Articles of Incorporation is:

JOEL LEZCANO 865 NW 126 CT. MIAMI, FLORIDA 33182

The undersigned incorporator has executed these Articles of Incorporation this 28TH of JANUARY 2009.

ARTICLE VI – DIRECTOR(S)

The name(s) and street address(es) of the director(s) to these Articles of Incorporation is (are):

JOEL LEZCANO, PRESIDENT ANABELLE LEZCANO, VICE PRESIDENT 865 NW 126 CT MIAMI, FLORIDA 33182

CERTIFICATE OF DESIGNATION OF REGISTERED AGENT/REGISTERED OFFICE

Having been named as Registered Agent and to accept service of process for the above stated corporation at place designated in this certificate, I hereby accept the appointment as Registered Agent and agree to act in this capacity. I further agree to comply with the provisions of all statutes related to the proper and complete performance of my duties, and I am familiar with and accept the obligations of my position as Registered Agent.

Registered Agent's Signature

President