

P11000060228

(Requestor's Name)

(Address)

(Address)

(City/State/Zip/Phone #)

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(Business Entity Name)

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SECRETARY OF STATE  
TALLAHASSEE FLORIDA

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There's  
7-26-11

## COVER LETTER

**TO:** Amendment Section  
Division of Corporations

**SUBJECT:** TOTAL HEALTH AND WELLNESS, INC  
(Name of Corporation)

**DOCUMENT NUMBER:** P11000060228

The enclosed Officer/Director Resignation for a Corporation and fee are submitted for filing.

Please return all correspondence concerning this matter to the following:

Rashida Biggs

(Name of Person)

(Name of Firm/Company)

19680 NW 82nd Court

(Address)

Miami, FL 33015

(City/State and Zip Code)

For further information concerning this matter, please call:

Rashida Biggs

(Name of Person)

at ( 305 ) 218-4529

(Area Code & Daytime Telephone Number)

Enclosed is a check for \$35.00 made payable to the Florida Department of State.

**Street Address:**  
Amendment Section  
Division of Corporations  
Clifton Building  
2661 Executive Center Circle  
Tallahassee, FL 32301

**Mailing Address:**  
Amendment Section  
Division of Corporations  
Post Office Box 6327  
Tallahassee, FL 32314

**OFFICER / DIRECTOR RESIGNATION  
FOR A CORPORATION**

FILED

11 JUL 25 AM 10: 28

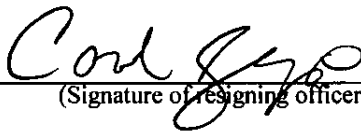
SECRETARY OF STATE  
TALLAHASSEE FLORIDA

I, Carol C Biggs, hereby resign as COO  
(Title)

of TOTAL HEALTH AND WELLNESS, INC  
(Name of Corporation)

P11000060228, a corporation organized under the laws of the State of  
(Document Number, if known)

Florida

  
(Signature of resigning officer/director)

**FILING FEE IS \$35.00**

**Make checks payable to Florida Department of State and mail to:**

Amendment Section  
Division of Corporations  
P.O. Box 6327  
Tallahassee, Florida 32314