

FILED EFFECTIVE



ARTICLES OF AMENDMENT (General Business)

To the Secretary of State of the State of Idaho
Pursuant to Title 30, Chapter 1, Idaho Code, the undersigned
corporation amends its articles of incorporation as follows:

2013 MAR -4 AM 9:43

SECRETARY OF STATE
STATE OF IDAHO

1. The name of the corporation is:

Integris Integrative medical Center, Inc.

If the corporation has been administratively dissolved and the corporate name is no longer available for use, the amendment(s) below must include a change of corporate name.

2. The text of each amendment is as follows:

The name of the corporation has been changed to:
Integris Holistic Medical and Spa , Inc.

3. The date of adoption of the amendment(s) was: 2-28-13

4. Manner of adoption (check one):

- The amendment consists exclusively of matters which do not require shareholder action pursuant to section 30-1-1002, 30-1-1005 and 30-1-1006, Idaho Code, and was, therefore, adopted by the board of directors.
- None of the corporation's shares have been issued and was, therefore, adopted by the
 - incorporator board of directors.
- Approval by the shareholders is required and the shareholders duly approved the amendment(s) as required by either Title 30, Idaho Code or by the Articles of Incorporation.

Customer Acct #:

(if using pre-paid account)

Secretary of State use only

Dated: 2-28-2013

Signed: Beverly Kingsford, pres.

Typed Name: Beverly Kingsford

Capacity: president

plformstartis of amendment,
al business.pmd Revised 11/2004

Web Form

IDAHO SECRETARY OF STATE
03/04/2013 05:00
CK: 1411 CT: 280149 BH: 1362827
1 @ 30.00 = 30.00 AMEND PROF # 2

C190779