



REVITALIST

PRESS RELEASE
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Revitalist CEO Kathryn Walker Receives Entrepreneur of the Year Award at Wonderland, Miami

VANCOUVER, BC, November 10, 2021 – REVITALIST LIFESTYLE AND WELLNESS LTD. (“**Revitalist**” or the “**Company**”) (**CSE: CALM**) (**OTC: RVLWF**) (**FSE:4DO**) is pleased to announce that Revitalist CEO Kathryn Walker has received Microdose's "Entrepreneur of the Year" award at Wonderland: Miami, the largest psychedelic medicine business event.

Kathryn founded Revitalist with one clinic in Knoxville, Tennessee in early 2018. Since that time, Kathryn has raised over \$8 million and listed Revitalist as a public company. Her team have participated in providing mental health care and support to thousands of patients. Initially Kathryn was a Nurse Anesthesiologist in the inpatient setting who identified the need for outpatient services. Kathryn and her team have been invited to speak at several conferences detailing their cutting-edge infusions and therapies for treatment-resistant depression and other mental health conditions.

Revitalist has recently increased its pipeline to ten clinics in five states by the end of 2021 and has a significant organic and acquisition growth plan for 2022. Since opening Revitalist, Kathryn has participated in thousands of infusions working in an integrative team model of medical and mental health professionals. Kathryn is also closely involved with her community. Recently, she participated in Sullivan County, Tennessee’s annual Scorpio 5K, where members of the community come together to support the funding of their local police force.

Kathryn stated, "I'm honored to work with the team at Revitalist with our vision of changing as many lives as we can through our mental health services. Watching the transformative effects of psychedelic treatments has been life-changing for me, and I can't wait to see how these treatments continue to advance thanks to events like this."

ABOUT REVITALIST LIFESTYLE AND WELLNESS

Revitalist Lifestyle and Wellness Ltd. (CSE: CALM) (OTC: RVLWF) (FSE: 4DO) is a publicly traded company, headquartered in Knoxville, Tennessee, with five clinics operating across the United States and expanding. Revitalist is dedicated to empowering individuals toward an improved quality of well-being through a combination of comprehensive care and future-centric treatments provided by medical professionals, mental health experts, and chronic pain specialists. Since opening their first clinic in 2018, Revitalist has provided thousands of infusions for patients suffering from treatment-resistant conditions. Additionally, Revitalist offers a number of lifestyle optimization services and vitamin infusions that can

bring anyone closer to total wellness. For more information, please visit www.revitalist.com or follow us at:

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On Behalf of the Board
Kathryn Walker
Chief Executive Officer

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For additional information and to be added to the Company's mailing list, please click [here](#).

Forward Looking Statements

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