



REVITALIST

PRESS RELEASE
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Revitalist Launches Division Dedicated to Assist Law Enforcement

VANCOUVER, BC, November 2, 2021 – REVITALIST LIFESTYLE AND WELLNESS LTD. (“**Revitalist**” or the “**Company**”) (**CSE: CALM**) (**OTC: RVLWF**) (**FSE: 4DO**) is proud to announce it has contracted with Enterprise Stress Management (“**ESM**”) to develop and commercialize mental health therapies, techniques, and advocacies for police officers across Canada.

ESM is dedicated to empowering people and organizations to reach their full potential by bringing together forward thinkers with the latest innovations in teaching people how to destress by design. Their mission is to create a healthier, happier future by starting with a stress-free workplace through programs which identify, monitor and mitigate workplace stress using tech-based stress eliminations solutions.

Katherine Plewa is the founder and Chief Executive Officer of ESM. She is an Ergonomist and a Neuroscientist with a passion for optimizing both organizations and people for peak performance. She holds a Master's in Kinesiology and Doctorate in Biomedical Engineering with her research focusing on reducing and recovering from stress.

Kathryn Walker, CEO of Revitalist, states, “We are thrilled to work with Katherine Plewa and the ESM team to develop our law enforcement division. Police officers do so much for our communities which is why Revitalist has made it a priority to give back through the development of this division.”

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:

Twitter: @RevitalistCorp
Facebook: @RevitalistLifestyleandWellnessLtd.
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On Behalf of the Board
Kathryn Walker
Chief Executive Officer

For further information please contact:
Revitalist Lifestyle and Wellness Ltd.
Email: IR@revitalist.com
Tel: (865) 585-8414

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

Forward Looking Statements

This news release contains forward-looking statements and information within the meaning of applicable securities legislation. Often, but not always, forward-looking statements and information can be identified by the use of words such as "plans", "expects" or "does not expect", "is expected", "estimates", "intends", "anticipates" or "does not anticipate", or "believes", or variations of such words and phrases or state that certain actions, events or results "may", "could", "would", "might" or "will" be taken, occur or be achieved. Forward looking statements or information involve known and unknown risks, uncertainties and other factors which may cause the actual results, performance or achievements of Revitalist to be materially different from any future results, performance or achievements expressed or implied by the forward-looking statements or information contained in this news release.

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