



## Revitalist Signs its 9<sup>th</sup> Clinic Lease in Jacksonville, Florida

**VANCOUVER, BC**, November 30, 2021 – REVITALIST LIFESTYLE AND WELLNESS LTD. (“Revitalist” or the “Company”) (CSE: CALM) (OTC: RVLWF) (FSE: 4DO) is pleased to formally announce it has signed a lease for its 9th psychedelic assisted psychotherapy (“PAP”) clinic located at 6871 Belfort Oaks Place, Jacksonville, Florida.

The Jacksonville location will offer 6,865 square feet of space and 12 infusion rooms. The Jacksonville clinic is expected to open before December 31, 2021 and offer Revitalist’s full suite of treatments including IV ketamine infusions, vitamin infusions, medication infusions, intensive outpatient programs, ketamine assisted psychotherapy, Spravato, telemedicine therapy sessions and transcranial magnetic stimulation. With 12 treatment rooms, the clinic can provide over 12,480 ketamine infusions to patients annually.

The addition of the Jacksonville lease marks the ninth Revitalist clinic which will increase the total capacity at Revitalist to 60,657 square feet and 121 treatment rooms detailed below.

Location	Opening Date	Size (Sq Ft)	Clinic Capacity for Treatment Rooms <sup>(1)</sup>
Knoxville, Tennessee	Feb-18	5,380	12
Johnson City, Tennessee	May-21	11,000	22
Chattanooga, Tennessee	May-21	9,995	20
Louisville, Kentucky	Jun-21	7,520	14
Raleigh, North Carolina	Sep-21	6,540	14
Knoxville, Tennessee (2nd location)	Nov-21	3,500	7
Novi, Michigan	Nov-21	3,765	10
Jacksonville, Florida	Q4 2021	6,865	12
Bethesda, Maryland	Q4 2021	6,092	10
<b>Total</b>		<b>60,657</b>	<b>121</b>

<sup>1</sup> Estimated based on square footage available in each clinic

Kathryn Walker, CEO, commented “This facility will represent our eighth clinic operating in six different states. Johns Hopkins Medicine reports that mental health disorders account for several of the top causes of disability in established market economies, such as the U.S., and

worldwide. Approximately 9.5% of American adults ages 18 and over, will suffer from a depressive illness each year. With eight clinics and counting, Revitalist expects to help combat this issue.”

## **ABOUT REVITALIST LIFESTYLE AND WELLNESS LTD.**

Revitalist Lifestyle and Wellness Ltd. (CSE: CALM) (OTC: RVLWF) (FSE: 4DO) is a publicly traded company, headquartered in Knoxville, Tennessee, with seven 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 additional information and to be added to the Company’s mailing list, please click [here](#).

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On Behalf of the Board  
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### ***Forward Looking Statements***

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