



# REVITALIST

PRESS RELEASE  
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## **Revitalist Appoints Dr. Denise Hopkins-Chadwick as Vice President of Research and Development**

**VANCOUVER, BC**, January 25, 2022 – REVITALIST LIFESTYLE AND WELLNESS LTD. (“Revitalist” or the “Company”) (CSE: CALM) (OTC: RVLWF) (FSE: 4DO) is pleased to announce the appointment of Dr. Denise Hopkins-Chadwick, PhD RN, Retired US Army Colonel, as Vice President of Research and Development (“R&D”).

Kathryn Walker, CEO, commented, "On behalf of the team at Revitalist, I am very excited to welcome Denise to the company. As Revitalist continues to grow, we are pleased to have someone of Denise’s caliber and experience lead R&D in our organization. Denise will be pivotal in achieving our ambitious funding goals and securing grants to further the mission of Revitalist."

Denise Hopkins-Chadwick received her PhD from the Ohio State University in Columbus, Ohio and has over 35 years of experience writing grants and working with patients, research participants, families, and faculty. Denise is a 30-year active-duty veteran Commissioned Officer in the Nurse Corps with clinical background experience spanning adults to neonatal ICUs, Emergency departments and patient transport. She serves on multiple boards including the Military Medicine Journal and the Tri-Service Nursing Research Interest Group: Women’s Health. Throughout her career, she has received dozens of awards in healthcare research and has secured research funding of over \$50 million. She is Co-Inventor of the Precision Health Insight Tool which integrates data from multiple sources including behavioral health and pharmaceuticals into a unified system. Denise is also the founder of HC Research Associates, a company providing professional R&D as well as academic activities.

Dr. Denise Hopkins-Chadwick, commented, “I could not be happier about joining Revitalist and look forward to working with the team as we embark on the research and development of transformative programs which have a positive impact on patients and their families.”

### **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 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  
Kathryn Walker  
Chief Executive Officer

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### **Forward Looking Statements**

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