



REVITALIST

PRESS RELEASE
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Revitalist to Participate in the H.C. Wainwright Bioconnect Conference in January 2022

VANCOUVER, BC, January 7, 2022 – REVITALIST LIFESTYLE AND WELLNESS LTD. (“Revitalist” or the “Company”) (CSE: CALM) (OTC: RVLWF) (FSE: 4DO) is pleased to announce that President & Chief Executive Officer, Kathryn Walker, will present virtually at the H.C. Wainwright Bioconnect Conference taking place on January 10-13, 2022.

A webcast of Revitalist's presentation will be available on-demand from Monday, January 10th at 7:00a.m. ET via this link: <https://journey.ct.events/view/83082b1a-dbbf-411d-9f85-8924ab783854> and a recording of the webcast can be viewed through the above link for 90 days.

To schedule a one-on-one meeting with Revitalist’s management team, please contact IR@revitalist.com

The Company also announces it has granted a total of 430,000 stock options and 130,000 restricted share units to certain employees and consultants pursuant to the terms of the Company's long term incentive plan ("Plan"). The stock options are exercisable at a price of \$0.20 per share.

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](#).

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

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.

Risks, uncertainties, and other factors involved with forward-looking information could cause actual events, results, performance, prospects and opportunities to differ materially from those expressed or implied by such forward-looking information. The Canadian Securities Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of the content of this news release.

