

Empatho Holdings Inc. Announces Resignation of Board Members

Toronto, Ontario--(Newsfile Corp. - February 16, 2023) - Empatho Holdings Inc. (CSE: EMPH) (formerly, Shane Resources Ltd.) ("**Empatho**" or the "**Company**") today announced that Andre Peschong, Dr. Carl Castro, and Dr. Hugh Colin Mackay have stepped down as directors of the Company.

Mr. Peschong, and Drs. Castro and Mackay are leaving the Empatho Board of Directors and continue to be strong supporters of Empatho's management, board and strategy.

"All of these gentlemen have served on the Empatho board of directors for over a year," said Yan Namer, CEO of Empatho. "Over this time, they have made many contributions to the success and growth of the Company, and we thank them for their input, advise, and expertise that they have brought to the board."

"I would like to thank Andre, Carl and Colin for their contribution to the Empatho board of directors and am gratified that even though they are leaving the board, they remain supporters of Empatho and its exciting direction, as we continue to move from developing the app, to its commercialization," said Dr. Rakesh Jetly, Chair of the Board of Empatho.

Empatho will be transitioning, and will begin an active, phased Director recruitment process.

About Empatho

Empatho Holdings Inc. is a virtual well-being firm focused on a smart solution powered by proprietary PsychAI™ artificial intelligence (AI), that strategically guides users to achieve individualized or personalized well-being goals. The Company provides a data-driven mobile application using advanced technology to engage individuals in the management of their own health, helping individuals become more productive and uncovering potential efficiencies and cost savings for employers.

On behalf of the Board of Directors

Yan Namer
Chief Executive Officer
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Cautionary Statements

This news release contains "forward-looking statements" within the meaning of applicable securities laws. All statements contained herein that are not clearly historical in nature may constitute forward-looking statements.

Generally, such forward-looking information or forward-looking statements can be identified by the use of forward-looking terminology such as "plans", "expects" or "does not expect", "is expected", "budget", "scheduled", "estimates", "forecasts", "intends", "anticipates" or "does not anticipate", or "believes", or variations of such words and phrases or may contain statements that certain actions, events or results "may", "could", "would", "might" or "will be taken", "will continue", "will occur" or "will be achieved". The forward-looking information and forward-looking statements contained herein include, but are not limited to, comments regarding: the efficacy of the Company's proprietary applications and the commencement of trading of the Company's shares on the OTCQB.

Forward-looking information in this news release are based on certain assumptions and expected future events, namely: the Company's ability to continue as a going concern and the continued approval of the Company's activities by the relevant governmental and/or regulatory authorities.

These statements involve known and unknown risks, uncertainties and other factors, which may cause actual results, performance or achievements to differ materially from those expressed or implied by such statements, including but not limited to: risks associated with general economic conditions, adverse industry events, marketing costs, loss of markets, future legislative and regulatory developments, the inability to access sufficient capital on favourable terms, income tax and regulatory matters, the ability of the Company to execute its business strategies, the inability of the Company's proprietary applications to carry out the enumerated functions and risks associated with the Company's common shares trading on the CSE and OTCQB.

Forward-looking statements contained in this news release are expressly qualified by this cautionary statement and reflect the Company's expectations as of the date hereof and are subject to change thereafter. The Company undertakes no obligation to update or revise any forward-looking statements, whether as a result of new information, estimates or opinions, future events or results or otherwise or to explain any material difference between subsequent actual events and such forward-looking information, except as required by applicable law.



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