

Global Wellness Strategies Appoints New CFO

Vancouver, British Columbia, March 1, 2022 – Global Wellness Strategies Inc. (CSE:GWS) (Frankfurt:O3X4) (OTCQB: GWSFF) ("Global" or the "Company") is pleased to announce that it has appointed Mr. Lindsey Perry JR as Chief Financial Officer ("CFO") of the Company.

The appointment of Lindsey R. Perry JR, as CFO to the Company in addition to his Directorship is in keeping with the corporate initiative in developing an international footprint.

Mr. Perry was born and raised in New England, north of Boston and relocated to South Florida from Nantucket in 2005. Mr. Perry's family is credited as being one of the pioneering families to develop the Island of Nantucket as the premier vacation destination on the eastern seaboard of the United States. In 2010 Mr. Perry sold his business The Tristram's Group Inc. to retire, and has continued investing in numerous private and public entities.

Mr. Perry has a significant background as a disciplined entrepreneur and a business owner. He graduated from Bucknell University in 1977 with a Bachelor of Science Degree majoring in accounting and played collegiate hockey and golf for the NCAA Bucknell Bisons. He considered a professional golf career, and his team spirit, competitiveness, enthusiasm and financial prowess, and will be a huge asset to the company as CFO as the Company expands globally.

Mr. Stephen Brohman has resigned as the Company's CFO but will remain on as a consultant for the Company, the Board and Management would like to thank him for his dedication and support over the last few years.

About Global Wellness Strategies

Global Wellness Strategies is a prospect generator that provides high growth companies with financial, operational, and management assistance in the fast-growing market for wellness consumer products. The focus of the Company is on global wellness, psychedelics, mycology, hemp and CBD, healthcare-related target companies.

For further information visit websites:

www.globalwellnessstrategies.com and www.shantitherapeutics.com

Or Contact Meris Kott CEO 604.484.0355 or email to info@globalwellnessstrategies.com

Further information about the Company is available on www.SEDAR.com under the Company's profile.

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