

**Form 51-102F3
Material Change Report**

Item 1 Name and Address of Company

Global Wellness Strategies Inc.
(the "Company")
1100 – 1111 Melville St.
Vancouver, BC V6E 3V6

Item 2 - Date of Material Change

March 01, 2022

Item 3 News Release

A news releases was issued and disseminated on March 1, 2022 and filed on SEDAR (www.sedar.com) and with the CSE.

Item 4 Summary of Material Change

The Company has appointed Lindsey R. Perry JR as the new CFO.
Stephen Brohman has resigned as the Company's CFO but will remain on as a consultant.

Item 5 Full Description of Material Change

See attached news release at Schedule "A"

Item 6 Reliance on subsection 7.1(2) of National Instrument 51-102

Not applicable.

Item 7 Omitted Information

Not applicable.

Item 8 Executive Officer

The following senior officer of the Company is knowledgeable about the material change and this report:

Meris Kott, CEO and Director
Email: info@globalwellnesstrategies.com
Phone: 604-484-0355

Item 9 Date of Report

March 1, 2022



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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