



Global Wellness Strategies Appoints New Auditor

Vancouver, British Columbia, October 7, 2022 – **Global Wellness Strategies Inc. (CSE: GWS) (Frankfurt: O3X4) (OTCQB: GWSFF) (“Global” or the “Company”)** announces that it has appointed a new auditor, SHIM & Associates LLP (“SHIM”), effective October 6, 2022 and accepted the resignation of its previous independent auditor Dale Matheson Carr-Hilton Labonte LLP Chartered Professional Accountants.

The Company completed the formal change of auditor process under National Instrument 51-102 – *Continuous Disclosure Obligations* (“NI 51-102”). As part of this process, the Company will soon provide further details in a reporting package regarding the auditor’s appointment in accordance with section 4.11 of NI 51-102.

The Company welcomes our new audit team from SHIM, led by Dong Shim who serves as an audit partner on numerous audit engagements for various publicly-traded companies, primarily focused on the junior mining, oil and gas, pharmaceutical, and high-tech sectors. Mr. Shim has led a successful accounting and finance career in both the US and Canada. He brings a wealth of knowledge to the Company and is a member of the Chartered Professional Accountants of British Columbia and a Certified Public Accountant registered in the State of Illinois (United States). Mr. Shim has also assisted numerous start-up companies achieve public listings on the TSX Venture Exchange, the Canadian Securities Exchange and the OTC Market. The appointment of SHIM has been approved by the Company’s Audit Committee and the Board of Directors.

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

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.

Neither the Canadian Securities Exchange nor its Regulation Services Provider (as that term is defined in the policies of the Canadian Securities Exchange) accepts responsibility for the adequacy or accuracy of this release. Certain statements contained in this release may constitute “forward-looking statements” or “forward-looking information” (collectively “forward-looking information”) as those terms are used in the Private Securities Litigation Reform Act of 1995 and similar Canadian laws. These statements relate to future events or future performance. The use of any of the words “could”, “intend”, “expect”, “believe”, “will”, “projected”, “estimated”, “anticipates” and similar expressions and statements relating to matters that are not historical facts are intended to identify forward-looking information and are based on the Company’s current belief or assumptions as to the outcome and timing of such future events. Actual future results may differ materially. In particular, this release contains forward-looking information relating to the business of the Company, its financing and certain corporate changes.