



GWS Provides Bi-Weekly MCTO Status Update

Vancouver February 14, 2023 – Global Wellness Strategies Inc. (CSE: GWS) (Frankfurt: 03X4) (OTCQB: GWSFF) (“Global Wellness” or the “Company”) is providing a bi-weekly default status update in accordance with National Policy 12-203 – Management Cease Trade Orders (“NP 12-203”)

In a press release dated February 1, 2023, the Company announced (the “Default Announcement”) that it submitted an application to the British Columbia Securities Commission (the “BCSC”), the Company’s principal regulator, for a management cease trade order (“MCTO”) in connection with the Company’s delay in filing its audited annual financial statements for the year ended September 30, 2022, and the management’s discussion and analysis and related CEO and CFO certificates for the period (collectively, the “Required Documents”) which were required to be filed on or before January 30, 2023..

The MCTO was issued by the BCSC on February 1, 2023. It prevents the Company’s President and Chief Financial Officer from trading in the Company’s securities but does not affect the ability of other shareholders, including the public, to trade in the securities of the Company.

The MCTO remains in effect until the Company files the Required Documents and the BCSC’s Executive Director has revoked the MCTO. The Company anticipates that it will file the Required Documents on or before February 28, 2023. The Company confirms that since the date of the Default Announcement, other than as described above: (a) there has been no material change to the information set out in the Default Announcement that has not been generally disclosed; (b) there has been no failure by the Company in fulfilling its stated intentions with respect to satisfying the provisions of the alternative information guidelines set out in NP 12-203; (c) there has not been, nor is there anticipated to be, any specified default subsequent to the default which is the subject of the Default Announcement; and (d) there is no other material information concerning the affairs of the Company that has not been generally disclosed.

The Company confirms that it will continue to satisfy the provisions of the alternative information guidelines under NP 12-203 by issuing bi-weekly default status reports in the form of news releases for so long as it remains delayed in filing the Required Documents.

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. The forward-looking information contained in this release is made as of the date hereof and the Company is not obligated to update or revise any forward-looking information, whether as a result of new information, future events or otherwise, except as required by applicable securities laws. Because of the risks, uncertainties and assumptions contained herein, investors should not place undue reliance on forward-looking information. The foregoing statements expressly qualify any forward-looking information contained herein.