



LifestyleDeliverySystem Inc.

CSE : LDS

OTCQB : LDSYF

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### **Lifestyle Delivery System Appoints Chief Financial Officer**

**Vancouver, British Columbia, Canada,** December 3, 2015, Lifestyle Delivery Systems Inc. (CSE: LDS; OTCQB: LDSYF) (“LDS” or the “Company”) is pleased to announce that on November 27, 2015, the Company appointed Yanika Silina as its Chief Financial Officer and Corporate Secretary. Ms. Silina succeeds Ms. Denise Lok, who has resigned from her position as Chief Financial Officer and Corporate Secretary. In addition, on December 1, 2015, Mr. Lau resigned from the board of directors.

The Company expresses its appreciation to Ms. Lok and Mr. Lau and thanks them for their contributions over their tenure. The board of directors of the Company currently consists of, Brad Eckenweiler, James Pakulis and David Velisek.

#### **Yanika Silina, CFO**

Ms. Silina is a Chartered Professional Accountant and holds a Diploma in Management Studies from Thompson Rivers University. Ms. Silina is currently a CFO of Cell MedX Corp. a reporting issuer listed on the OTCQB, and a director of Kesselrun Resources Ltd., a reporting issuer listed on the TSX Venture Exchange. Ms. Silina has previously held various management positions with other public companies listed on OTCQB and Canada Stock Exchange.

#### **About Lifestyle Delivery Systems Inc.**

The Company’s technology produces infused strips (similar to breath strips) that are not only a safer, healthier option to smoking but also a new way to accurately meter the dosage and assure the purity of the product. From start to finish, the production process tests for quality and composition of all the ingredients used in each and every strip, resulting in a delivery system that is safe, consistent and effective.

#### **On behalf of the board of directors of Lifestyle Delivery Systems Inc.**

*“Brad Eckenweiler”*

Brad Eckenweiler  
CEO & Director

FOR MORE INFORMATION, PLEASE CONTACT:

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#### **Cautionary Disclaimer Statement:**

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This news release may contain forward-looking statements and other statements that are not historical facts. Forward-looking statements are often identified by terms such as “will”, “intend”, “anticipate”, and similar expressions. All statements other than statements of historical fact, included in this release are forward-looking statements that involve risks and uncertainties. There can be no assurance that such statements will prove to be accurate and actual results and future events could differ materially from those anticipated in such statements. Important factors that could cause actual results to differ materially from the Company’s expectations include the failure to satisfy the conditions of the Canadian Securities Exchange and other risks detailed from time to time in the filings made by the Company with securities regulations.

The reader is cautioned that assumptions used in the preparation of any forward-looking information may prove to be incorrect. Events or circumstances may cause actual results to differ materially from those predicted, as a result of numerous known and unknown risks, uncertainties, and other factors, many of which are beyond the control of the Company. The reader is cautioned not to place undue reliance on any forward-looking information. Such information, although considered reasonable by management at the time of preparation, may prove to be incorrect and actual results may differ materially from those anticipated. Forward-looking statements contained in this news release are expressly qualified by this cautionary statement. The forward-looking statements contained in this news release are made as of the date of this news release and the Company will update or revise publicly any of the included forward-looking statements as expressly required by applicable law.