



## GAIA PROVIDES UPDATE ON NELSON RETAIL OPERATIONS AND BOARD CHANGE

Vancouver, British Columbia - October 9, 2020 - Gaia Grow Corp. (CSE: GAIA) (the “Company” or “Gaia”) is providing the following operational update:

### ***RETAIL OPERATIONS***

Green Room’s provincially approved cannabis store has completed staff training and the Nelson location is prepped for opening. Cannabis Inventory has been ordered and will be arriving on Tuesday the 13<sup>th</sup> of October with the grand re-opening in the coming days to follow. Merchandise and accessories are also expected to arrive between Tuesday the 13<sup>th</sup> and Friday the 16<sup>th</sup> of October. Management has been on-site and will continue to stay throughout the month to ensure a successful launch.



### ***Management changes***

Effective September 30, 2020, John Lagourgue has stepped down from his post as a Director of the Company in order to pursue other business endeavours. The Company would like to wish Mr. Lagourgue all the very best in his future endeavors and wants to thank him for all his hard work to date.



The Canadian Securities Exchange does not accept responsibility for the adequacy or accuracy of this release.

### **CAUTIONARY AND FORWARD-LOOKING STATEMENTS**

*This news release contains forward-looking statements and forward-looking information within the meaning of applicable securities laws. These statements relate to future events or future performance. All statements other than statements of historical fact may be forward-looking statements or information. Forward-looking statements and information are often, but not always, identified by the use of words such as “appear”, “seek”, “anticipate”, “plan”, “continue”, “estimate”, “approximate”, “expect”, “may”, “will”, “project”, “predict”, “potential”, “targeting”, “intend”, “could”, “might”, “should”, “believe”, “would” and similar expressions.*

*Forward-looking statements and information are provided for the purpose of providing information about the current expectations and plans of management of the Company relating to the future. Readers are cautioned that reliance on such statements and information may not be appropriate for other purposes, such as making investment decisions. Since forward-looking statements and information address future events and conditions, by their very nature they involve inherent risks and uncertainties. Actual results could differ materially from those currently anticipated due to a number of factors and risks. These include, but are not limited to, the risks associated with the hemp industry in general such as operational risks in growing; competition; incorrect assessment of the value and potential benefits of various transactions; ability to access sufficient capital from internal and external sources; failure to obtain required regulatory and other approvals and changes in legislation, including but not limited to tax laws and government regulations. Accordingly, readers should not place undue reliance on the forward-looking statements, timelines and information contained in this news release.*