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GOOD LIFE NETWORKS INC ANNOUNCES BOARD OF DIRECTORS

FOR IMMEDIATE RELEASE

February 8th, 2018 – Good Life Networks Inc. ("GLN"), (TSX.V: GOOD), a Vancouver-based Programmatic Digital Media technology company is pleased to announce the appointment of additional members to it's Board of Directors.

Officer and Directors

Stephanie Ratza- Director (Vancouver, British Columbia) – Ms. Stephanie Ratza is a highly accomplished, results-driven senior accounting and financial management executive with more than 20 years of progressive experience in financial management from start-ups to global billion-dollar technology organizations. She has held CFO positions at Bluecat Networks Inc., Resolver Inc., Descartes Systems Group, and Ipico Inc. Descartes completed 23 acquisitions under Ms. Ratza's watch. She will perform a strategic role in GLN's acquisition path.

And

Praveen Varshney (Vancouver, British Columbia) – Mr. Praveen Varshney is a driving force in the Vancouver business world. He was with KPMG 1987 to 1991 where he obtained his C.A. designation in 1990. Member and past President of the Vancouver chapter of The Entrepreneurs' Organization (EO) and a founding director of the Vancouver chapter of The IndUS Entrepreneurs (TiE). Was a 12-year member of the Sauder School of Business Faculty Advisory Board, a former Director of The Vancouver Board of Trade, and past recipient of Business in Vancouver's 40 Under 40 Awards. Mr. Varshney is also a SVP Vancouver Partner, a Director of OneProsper.org, and a Founding Member of instrumentbeyondborders.org.

Ms. Ratza and Mr Varshney are welcomed by existing board members:

Jesse Dylan - CEO and Director (Vancouver, British Columbia) – Mr. Jesse Dylan is a multiple award-winning broadcaster, on-air personality of the year, and featured guest in a documentary as one of the top five on air personalities in the world. Mr. Dylan has won the ACTRA award for best on air personality in Canada and several awards from the International New York Festival of Radio including Gold. He is also an award winning Journalist and author of the Best-Selling book, The Good Life. Mr. Dylan is an alpha leader in media, entertainment and technology. He became fascinated with the future of advertising and distribution and has spent the past few years hand-selecting a team to disrupt the \$600 Billion dollar a year advertising arena. Mr. Dylan is a world-

class connector and has worked with the world's largest broadcast entities. He is uniquely positioned to bridge old world and new media empires.

Cliff Dumas – CCO, Executive VP and Director (Vancouver, British Columbia) – Mr. Cliff Dumas is the only Canadian broadcaster to win both a **CMA** and **ACM** award in the U.S. He is a CCMA Hall of Fame inductee and Board Member. Mr. Dumas is also a multiple Mark Award winner for excellence in broadcast marketing. He is recognized as an expert in content creation, marketing and team management. Mr. Dumas helped launch the CMT Network in Canada. A 30-year broadcast veteran, he produced and wrote some of the biggest television events for **CBC**. Mr. Dumas has consulted hundreds of radio, television and entertainment professionals in the U.S. and Canada.

Gene Valaitis – Director (Vancouver, British Columbia) – Mr. Valaitis is a successful broadcaster and marketing strategist. He has a proven track record of comprehensive marketing planning and analysis. Mr. Valaitis has developed fully-integrated creative marketing initiatives to drive both business opportunity and product brands into sustained periods of explosive multi-million-dollar growth.

About GLN

GLN's (www.glninc.ca) head office is located in Vancouver British Columbia. GLN trades on the TSX.V under the stock symbol GOOD. GLN owns and operates a patent pending **high-speed video exchange**.

Forward Looking Statements:

This press release contains certain forward-looking information within the meaning of Canadian securities legislation and forward-looking statements within the meaning of the United States Private Securities Litigation Reform Act of 1995. Forward-looking statements relate to future events or future performance and reflect the expectations or believes regarding future events of management of GLN (the "Company"). This information and these statements, referred to herein as "forward-looking statements", are not historical facts, are made as of the date of this press release and include without limitation, statements regarding discussions of future plans, estimates and forecasts and statements as to management's expectations and intentions with respect to, among other things, the completion of the transaction, continuance, consolidation and Offering. These forward-looking statements involve numerous risks and uncertainties and actual results might differ materially from results suggested in any forward-looking statements. GLN assumes any obligation to update the forward-looking statements, or to update the reasons why actual results could differ from those reflected in the forward looking-statements, unless and until required by applicable securities laws. Additional information identifying risks and uncertainties is contained in GLN's filings with the Canadian securities regulators, which filings are available at www.sedar.com.

The securities referred to in this news release have not been, nor will they be, registered under the United States Securities Act of 1933, as amended, and may not be offered or sold within the United States or to, or for the account or benefit of, U.S. persons absent U.S. registration or an applicable exemption from the U.S. registration requirements.

This news release does not constitute an offer for sale of securities for sale, nor a solicitation for offers to buy any securities. Any public offering of securities in the United States must be made by means of a prospectus containing detailed information about the company and management, as well as financial statements.

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