



## **Revitalist and Wake Network Joins Forces with Retired Delta Force, Command Sergeant Major Tom Satterly Addressing Veterans Access to Mental Health Resources**

**VANCOUVER, BC**, October 5, 2022 – REVITALIST LIFESTYLE AND WELLNESS LTD. (“Revitalist” or the “Company”) (CSE: CALM) (OTCQB: RVLWF) (FSE: 4DO), Revitalist and Wake Network join forces with Tom Satterly, one of the most highly regarded Special Operations operators in American military history to address Veteran mental health.

Veterans in the United States are the highest risk population to lose their lives due to limited access, ineffective treatment options, and cost restraints. According to the [findings](#) of America’s Warriors Partnership’s (AWP) Operation Deep Dive™ study, approximately 24 veterans take their own life by suicide each day. Additionally, 20 veterans die per day by Self-Injury Mortality (SIM), or deaths ruled “accidental” or “undetermined” in nature but consistent with self-harm/suicidal behavior. The data shows that 80% of these deaths are due to overdose. With SIM deaths included, the “true” suicide rate among former service members is 44 per day—2.4 times greater than VA statistics, the report concludes.”

Revitalist and Wake Network will work with Tom and Jen Satterly and their nonprofit, 501c3, All Secure Foundation to provide national and international access to the most effective mental health treatments available including ketamine infusions, psychedelic therapies, psychotherapy, and mental health coaching. The Satterly’s founded the All Secure Foundation in August 2017 as a resource library for helping warriors and their families navigate the maze of treatments and modalities of healing from PTS. ”

“Revitalist has consistently reported positive outcomes of ketamine infusions with a statistical significance in 84-87% of clients served. We have the ability to address a real problem in real time maximizing revenues while saving insurance companies and consumers millions of dollars due to wasted funds on treatments that are ineffective. We are beyond honored to have Tom join our mission. Recognizing he has been involved in some of the biggest military campaigns in history allows our team to continue to push aggressively as warriors bringing the necessary leadership, advocacy, and resources to effectively solve the global mental health crisis while stabilizing the healthcare systems loss of financial resources. With over 9 Million Veterans in the United States that could benefit from this ketamine assisted therapy, this significantly secures our mission while decreasing cost of traditional healthcare services up to 70%. With the VA covering our services for Veterans with benefits, this allows us to have reimbursement rates

greater than 65% of what is currently supplied by traditional insurance companies. Our services are necessary to save lives, and I am grateful the Veterans Health Affairs are aware of the success we are having with veterans”, states Revitalist CEO, Kathryn Walker.

“Working with the Satterly’s, All Secure Foundation and the Revitalist team is an honor, and serves to provide an opportunity to bring a personalized approach to Post Traumatic Stress survivors and their families affected by it. We are looking forward to bringing this platform to veterans nationally and internationally, while working with some of the leading researchers in the field.” states Wake Network CEO, Nick Murray.

Command Sergeant Major (retired), Tom Satterly reports, “Revitalist and Wake Network are providing critical treatments to our service members and their families to combat war trauma. It has been our personal mission to help as many war fighters train on coming home after years of complex trauma and this opportunity to team up with Revitalist and Wake allows for that. These life changing treatments can help alter the path we are on and open us up to paths that were never knew existed and allows us to heal.”

#### **About Revitalist Lifestyle and Wellness Ltd.**

Revitalist Lifestyle and Wellness Ltd. (CSE: CALM) (OTCQB: RVLWF) (FSE: 4DO) is one of the largest publicly listed, ketamine focused clinic operations in the United States. Each clinic enables access to psychedelic medicine, vitamin infusions and other lifestyle optimization services provided by medical and behavioral professionals. Since opening their first clinic in 2018, Revitalist has provided thousands of ketamine infusions through its network of 9 clinics operating in 6 states. Its founder and CEO, Kathryn Walker, works as a lead provider in the psychedelic space as an advanced behavioral and medical provider. For additional information please visit [Revitalist.com](http://Revitalist.com).

#### **About Wake Network, Inc.**

Wake Network, Inc. is a vertically integrated, naturally derived psilocybin bioscience company focused on advancing the field of psychedelic and fungi-based therapeutics to address the growing need for mental health support in medicine and society at large. Wake is currently producing fungus-derived psilocybin and medicinal mushroom products through research with a goal to provide quality, personalized access to all through proprietary genomic and biomarker processes.

#### **About Tom Satterly and All Secure Foundation**

As a senior non-commissioned officer of Delta Force, the most elite and secretive special operations unit in the U.S. military, Command Sergeant Major Tom Satterly fought some of this country's most fearsome enemies. Tom is a legend even among other Tier One special operators. Yet the enemy that cost him three marriages, and ruined his health physically and psychologically, existed in his brain. It nearly led him to kill himself in 2014; but for the lifeline thrown to him by an extraordinary woman it might have ended there. Instead, they took on

Satterly's most important mission-saving the lives of his brothers and sisters in arms who are killing themselves at a rate of more than twenty a day.

Behalf of the Board  
Kathryn Walker  
Chief Executive Officer

For further information please contact:  
Revitalist Lifestyle and Wellness Ltd.  
Email: [Info@Revitalist.com](mailto:Info@Revitalist.com)  
Tel: (865) 585-8414

Twitter: [@RevitalistCorp](https://twitter.com/RevitalistCorp)  
Facebook: [@RevitalistLifestyleandWellnessLtd](https://www.facebook.com/RevitalistLifestyleandWellnessLtd)  
Instagram: [@RevitalistCorp](https://www.instagram.com/RevitalistCorp)  
LinkedIn: [@RevitalistLifestyleAndWellnessLtd](https://www.linkedin.com/company/RevitalistLifestyleAndWellnessLtd)

***Forward Looking Statements***

*This news release contains forward-looking statements and information within the meaning of applicable securities legislation. Forward looking statements or information involve known and unknown risks, uncertainties and other factors which may cause the actual results, performance or achievements of Revitalist to be materially different from any future results, performance or achievements expressed or implied by the forward-looking statements or information contained in this news release.*