

REVITALIST

REVITALIST AND WAKE NETWORK LAUNCH PSYCHEDELIC RETREATS FOR PRACTITIONERS AND CLIENTS PROVIDING IMMERSIVE THERAPIES AND TRAININGS

Comprehensive Psychedelic Wellness Program Combines National and International care with a focus on consistency of standards, evidenced-based protocols and support for all participants through preparation, experiential, and integrative therapies.

VANCOUVER, BC, May 29, 2024 - Revitalist Lifestyle and Wellness Ltd. (the "**Company**") (CSE: CALM) (OTCQB: RVLWF) (FSE: 4DO) is pleased to announce that its Tennessee subsidiary, Revitalist LLC ("**Revitalist**"), has entered into an agreement with Wake Network, Inc. ("**Wake**") to offer eligible participants guided psychedelic retreat programs in the British Virgin Islands.

Revitalist and Wake will offer a comprehensive, clinical psychedelic experience for participants seeking care for mental health, traumatic brain injury, pain, addiction, and palliative care. These retreats will also focus on offerings for medical practitioners in the psychedelic field with advanced training, inclusive of medical, research, and therapeutic specializations. The partnership with Wake will expand our goal to increase access to psychedelic therapies, inclusive of ketamine therapies and psilocybin therapies. Wake is a leader in naturally-derived psilocybin production, a developer of neuroregenerative mushroom supplements, and created the remote neuro-advancement wellness platform, "WakeWell".

Starting in July 2024, Revitalist and Wake will host multi-day psilocybin retreats in the British Virgin Islands offering an all-inclusive, personalized clinical experience.

"We are excited to combine our clinical expertise with Wake's clinical retreats, products and wellness platform to facilitate these guided therapies. With a focus on standardization of care both in the US as well as the surrounding countries we are creating an opportunity to help more individuals seeking access to these revolutionizing services," said Kathryn A. Walker, MSN-Anesthesia, MSN-Psychiatry, Revitalist CEO, who will personally oversee the retreats. "Our program provides immersive preparation, experiential, and integration offerings surrounding the transformative psilocybin experiences."

Prior to arrival at the retreat, guests will participate in virtual group meetings and one-on-one sessions to begin their preparation using established protocols. The clinical retreats will be facilitated by medical professionals and therapists in a legal psilocybin setting with verified cultivated products optimizing ethical requirements and safety standards for all participants and providers.

After their island journey, participants will also receive post-retreat integration support to help them process their experiences and develop sustainable personal growth practices.

Wake CEO, Nick Murray states, "While retreats are becoming more popular in the psychedelic field, we have recognized there is a greater need for expert training and care both inside and out of the United States. Focusing on this opportunity with Revitalist allows

us to expand our services through our harm reduction model, giving greater access to care and support throughout the regenerative process.”

More details can be found at revitalistclinic.com/retreats, or wake.net/bvi

ABOUT WAKE NETWORK, INC.

Wake Network, Inc. is a fungi 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’s line of functional and psilocybin medicinal products are offered in combination with WakeWell, an online wellness platform focused on personalized mental wellness supported by evidence-based protocols.

For further information: For more information about Wake please visit our website www.wake.net or contact: Nick Murray, CEO, Wake Network, Inc., E:nick@wake.net, Tel: +1-833-925-3638; Investor Relations, Wake Network, Inc., E:ir@wake.net, Tel: +1-833-925-3638

About Revitalist Lifestyle and Wellness Ltd. Revitalist (CSE: CALM) (OTCQB: RVLWF) (FSE: 4DO) Revitalist Lifestyle and Wellness Ltd. (CSE: CALM) (OTCQB: RVLWF) (FSE: 4DO) is a mental health and wellness company focused on comprehensive care in the ketamine wellness space offering innovative, evidenced-based services. The Company, through its subsidiary Revitalist, operates physical locations and virtual offices across 35 states.

Founded and led by Kathryn Walker, an advanced provider in the psychedelic space, Revitalist is at the forefront of this emerging field. Visit www.Revitalist.com for more information.

Neither the Canadian Securities Exchange nor its Regulation Services Provider have reviewed or accept responsibility for the adequacy or accuracy of this release.

Forward-Looking Statements *This news release includes certain forward-looking statements and forward-looking information (collectively, "forward-looking statements") within the meaning of applicable Canadian securities legislation. The use of any of the words "expect", "anticipate", "continue", "estimate", "objective", "may", "will", "project", "should", "believe", "plans", "intends" and similar expressions are intended to identify forward-looking information or statements. The forward-looking statements and information are based on certain key expectations and assumptions made by the Company. Although the Company believes that the expectations and assumptions on which such forward-looking statements and information are based are reasonable, undue reliance should not be placed on the forward-looking statements and information because the Company can give no assurance that they will prove to be correct. Since forward-looking statements and information address future events and conditions, by their very nature they involve inherent risks and uncertainties. Forward-looking information in this news release includes statements concerning the Company's general business plans, the expected benefits to the Company's business as a result of its partnership with Wake Network, Inc., and the ketamine wellness sector and the Company's market position within it. Actual results could differ materially from those currently anticipated due to a number of factors and risks. Readers are cautioned that the foregoing list of factors is not exhaustive. The forward-looking statements included in this news release are expressly qualified by this cautionary statement. The forward-looking statements and information contained in this news release are made as of the date hereof and the Company undertakes no obligation to update publicly or revise any*

forward-looking statements or information, whether as a result of new information, future events or otherwise, unless so required by applicable laws. Factors that could cause actual results to differ materially from those anticipated in these forward-looking statements are described in Company's management's discussion and analysis for the nine-month period ended September 30, 2022, dated November 29, 2022, which is available on the Company's profile at www.sedarplus.ca.

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