



Revitalist Signs its 8th Clinic Lease in Bethesda, Maryland

VANCOUVER, BC, November 30, 2021 – REVITALIST LIFESTYLE AND WELLNESS LTD. (“Revitalist” or the “Company”) (CSE: CALM) (OTC: RVLWF) (FSE: 4DO) is pleased to formally announce it has signed a lease for its 8th psychedelic assisted psychotherapy (“PAP”) clinic located at 4833 Rugby Avenue, Suite 600, Bethesda, Maryland, 20814.

Located in the same state as prestigious Johns Hopkins University, the Bethesda location will offer 6,092 square feet of space and 10 infusion rooms. The Bethesda clinic is expected to open by December 31, 2021 and offer Revitalist’s full suite of treatments including IV ketamine infusions, vitamin infusions, medication infusions, intensive outpatient programs, ketamine assisted psychotherapy, Spravato, telemedicine therapy sessions and transcranial magnetic stimulation. With 10 treatment rooms, the clinic can provide over 10,400 ketamine infusions to patients annually.

The addition of the Bethesda lease marks the eighth clinic which will increase the total capacity at Revitalist to 53,792 square feet and 109 treatment rooms as detailed below.

Location	Opening Date	Size (Sq Ft)	Clinic Capacity for Treatment Rooms ⁽¹⁾
Knoxville, Tennessee	Feb-18	5,380	12
Johnson City, Tennessee	May-21	11,000	22
Chattanooga, Tennessee	May-21	9,995	20
Louisville, Kentucky	Jun-21	7,520	14
Raleigh, North Carolina	Sep-21	6,540	14
Knoxville, Tennessee (2nd location)	Nov-21	3,500	7
Novi, Michigan	Nov-21	3,765	10
Bethesda, Maryland	Q4 2021	6,092	10
Total		53,792	109

¹ Estimated based on square footage available in each clinic

Kathryn Walker, CEO, commented, “Maryland is home to a number of important medical, military and research institutions, so gaining a presence in this jurisdiction was an important step in our expansion plan. We look forward to opening the Bethesda location soon and growing our offering of clinics to prospective patients in the United States. Mental health continues to be a national health crisis as rates of anxiety, depression and PTSD keep climbing.

Revitalist's treatments provide important relief and offer hope to those struggling with these illnesses."

ABOUT REVITALIST LIFESTYLE AND WELLNESS LTD.

Revitalist Lifestyle and Wellness Ltd. (CSE: CALM) (OTC: RVLWF) (FSE: 4DO) is a publicly traded company, headquartered in Knoxville, Tennessee, with seven clinics operating across the United States and expanding. Revitalist is dedicated to empowering individuals toward an improved quality of well-being through a combination of comprehensive care and future-centric treatments provided by medical professionals, mental health experts, and chronic pain specialists. Since opening their first clinic in 2018, Revitalist has provided thousands of infusions for patients suffering from treatment-resistant conditions. Additionally, Revitalist offers a number of lifestyle optimization services and vitamin infusions that can bring anyone closer to total wellness. For additional information and to be added to the Company's mailing list, please click [here](#).

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On Behalf of the Board
Kathryn Walker
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Forward Looking Statements

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