



Global Wellness Corporate Update

Vancouver, British Columbia, July 13, 2022 – Global Wellness Strategies Inc. (CSE: GWS) (Frankfurt:O3X4) (OTCQB: GWSFF) (“Global” or the “Company”) has issued to certain directors, officers, and consultants (the "Recipients") an aggregate of 190,000 common shares at a deemed value of \$0.25, in the capital stock of the Company as bonuses to acknowledge that they were integral to the Company’s continued growth.

All securities issued to the Recipients are subject to a statutory hold period of four months and one day.

The issuance of the shares to officers and Directors of the Company will be considered to be a "related party transaction" as defined under Multilateral Instrument 61-101. Protection of minority security holders in special transactions ("MI 61-101"); however, the issuances are exempt from the minority approval and formal valuation requirements of MI 61-101 pursuant to subsections 5.5(a) and 5.7(1)(a) of MI 61-101.

The Company further announces the settlement of \$12,000 in debt to a creditor through the issuance of 48,000 common shares at a deemed price of \$0.25.

About Global Wellness Strategies

Global Wellness Strategies is a prospect generator that provides high growth companies with financial, operational, and management assistance in the fast-growing market for wellness consumer products. The focus of the Company is on global wellness, psychedelics, mycology, hemp and CBD, healthcare-related target companies

For further information visit websites:

www.globalwellnessstrategies.com

Or Contact Meris Kott CEO 604.484.0355 or email to info@globalwellnessstrategies.com

Further information about the Company is available on www.SEDAR.com under the Company’s profile.

Neither the Canadian Securities Exchange nor its Regulation Services Provider (as that term is defined in the policies of the Canadian Securities Exchange) accepts responsibility for the adequacy or accuracy of this release. Certain statements contained in this release may constitute “forward-looking statements” or “forward-looking information” (collectively “forward-looking information”) as those terms are used in the Private Securities Litigation Reform Act of 1995 and similar Canadian laws. These statements relate to future events or future performance. The use of any of the words “could”, “intend”, “expect”, “believe”, “will”, “projected”, “estimated”, “anticipates” and similar expressions and statements relating to matters that are not historical facts are intended to identify forward-looking information and are based on the Company’s current belief or assumptions as to the outcome and timing of such future events. Actual future results may differ materially. In particular, this release contains forward-looking information relating to the business of the Company, its financing and certain corporate changes. The forward-looking information contained in this release is made as of the date hereof and the Company is not obligated to update or revise any forward-looking information, whether as a result of new information, future events or otherwise, except as required by applicable securities laws. Because of the risks, uncertainties and assumptions contained herein, investors should not place undue reliance on forward-looking information. The foregoing statements expressly qualify any forward-looking information contained herein.