



**CAVA HEALTHCARE INC.**  
**PRESS RELEASE**

**CAVA HEALTHCARE ANNOUNCES APPOINTMENTS OF JAMIE KIRWIN AS BOARD DIRECTOR, LEE GIRARDO TO ADVISORY COMMITTEE**

**VANCOUVER, British Columbia, December 20, 2021** – Effective December 14th, 2021, Cava Healthcare Inc. (“Cava”, “The Company”) is pleased to announce Jamie Kirwin, CPA, CA, PMP, as its newest independent member of the Cava Board of Directors. Jamie will also chair the Company’s Audit Committee.

Jamie is a Chartered Professional Accountant and entrepreneur with 15 years of professional experience in business and finance. Jamie is co-founder, COO and CFO of a successful alcoholic beverage start-up with distribution in 160 retail stores and restaurants in BC. Prior to becoming an entrepreneur, Jamie served as Senior Manager in KPMG LLP’s Finance & Strategy Transformation practice, bringing to Cava a decade of experience as a Management Consultant in various organizations including healthcare clients. She has a passion for technology sectors (biotech, fintech, agtech), nutrition, and life sciences. She previously served on the Board of Directors of Branchout Neurological Foundation. With the appointment of Ms. Kirwin, the Board of Directors now seats seven directors, three of which are independent.

"Cava Healthcare is an innovator with tremendous growth opportunities ahead in areas including enhancing optimal health", said Ms. Kirwin. "It's an honor to be appointed as the next independent board member and I look forward to helping steer the company's strategy during this exciting time for biotechnology in our lives."

Cava is also pleased to announce that Lee Girardo will join the Company’s Advisory Committee. Lee has over 20 years of experience as both an executive and investment banking professional focused on strategy, corporate planning, capital markets and business development. He is a proven dealmaker and value creator, having completed over \$21 billion worth of merger and acquisition transactions, and over \$11 billion in financing transactions. Lee possesses a deep understanding of the building blocks to grow a business and he will be assisting Cava in advancing the commercialization of its healthcare technologies.

Cava also announces the resignation of Peter Field as director.

For further information, please contact Theo Warkentin at [theo@cavahealthcare.ca](mailto:theo@cavahealthcare.ca) or **(604) 370-1757**.

**On Behalf of the Board of Directors**

**Theo Warkentin**  
CEO and Director

## **CAVA IS FOCUSED ON ENHANCING OPTIMAL HEALTH BY PREDICTING, PREVENTING AND ALLEVIATING DISEASE**

Chronic and acute inflammation and poor immune function are at the core of developing disease. Cava is addressing this unmet healthcare challenge through isolation and characterization of novel compounds from medicinal plant extraction, creation of novel biomarkers for disease, and application of cutting-edge technologies to reverse inflammation and restore immune function to achieve optimal health.

### **Cautionary Note Regarding Forward-Looking Statements**

*This press release contains forward-looking statements and forward-looking information (collectively, "forward-looking statements") within the meaning of applicable Canadian and U.S. securities legislation, including the United States Private Securities Litigation Reform Act of 1995. All statements in this press release that are not purely historical are forward-looking statements and include statements regarding beliefs, plans, expectations and orientations regarding the future including, without limitation, matters related to the Company's current and planned research and development programs, including in respect of the prosecution and maintenance of the patent portfolio, and the Company's prospect of success in executing its proposed plans. Often, but not always, forward-looking statements can be identified by words such as "will", "plans", "expects", "may", "intends", "anticipates", "believes", "proposes" or variations of such words including negative variations thereof and phrases that refer to certain actions, events or results that may, could, would, might or will occur or be taken or achieved. Forward-looking statements are based on certain assumptions regarding the Company, including, without limitation, expected growth, results of operations and research and development activities (including in respect of the patent portfolio), results of operations, performance, industry trends, growth opportunities, and that the Company will be able to obtain the financing required to carry out its planned future business activities, retain and attract qualified research personnel and obtain and/or maintain the necessary intellectual property rights it needs to carry out its future business activities.*

*Actual results could differ from those projected in any forward-looking statements due to numerous factors including, risks and uncertainties relating to the actual results of research and development programs, the inability of the Company, to, among other things, protect its intellectual property, obtain any required governmental, regulatory or stock exchange approvals, permits, consents or authorizations required, commercialize any therapeutic and diagnostic technologies, execute its proposed business plans, pursue business partnerships, complete its research and development programs as planned, and obtain the financing required to carry out its planned future activities. Other factors such as general economic, market or business conditions or changes in laws, regulations and policies affecting the Company's industries may also adversely affect the future results or performance of the Company. These forward-looking statements are made as of the date of this press release and, unless required by applicable law, the Company assumes no obligation to update the forward-looking statements or to update the reasons why actual results could differ from those projected in these forward-looking statements. Although the Company believes that the statements, beliefs, plans, expectations, intentions and assumptions contained in this press release are reasonable, there can be no assurance that those statements, beliefs, plans, expectations intentions or assumptions will prove to be accurate. Readers should consider all of the information set forth herein and should also refer to other periodic reports provided by the Company from time-to-time. These reports and the Company's filings are available at [www.sedar.com](http://www.sedar.com).*

*Readers are cautioned that forward-looking statements are not guarantees of future performance or events and, accordingly, are cautioned not to put undue reliance on forward-looking statements due to the inherent uncertainty of such statements.*