


MY SELF WELLNESS TO EXHIBIT AT CANNADELIC MIAMI AND SCREEN ITS NEVER-BEFORE-SEEN DOCUMENTARY, "LIGHTER: A KETAMINE EXPERIENCE," FEB. 5-6

Jan. 19, 2022– MY Self Wellness, a cutting-edge ketamine clinic and a pioneer in the psychedelics space, is pleased to exhibit at Cannadelic Miami, and screen its never-before-seen documentary, "Lighter: A Ketamine Experience."



MY Self Wellness exists to assist and empower individuals on their health and wellness journey by combining the healing benefits of ketamine with new lifestyle practices for a full mental reset. With the goal to help individuals get back to wellness so they can live a happy and joy-filled life again, MY Self Wellness has experience treating depression, anxiety, trauma/PTSD, chronic pain, and more. The clinic prides itself on providing compassionate care and features private treatment rooms, an integration lounge, reclining chairs, Bluetooth headphones, blankets and sleep masks.

Screening at Cannadelic Miami, "Lighter: A Ketamine Experience" is a one-hour feature-length documentary that explores the life journeys of three individuals (Jess, Chad, Michael) who each struggle with the ongoing dilemma of anxiety, trauma and addiction. In search of healing, they commit to a therapeutic modality like no other, ketamine therapy, which allows for a psychedelic experience of personal transformation. "Lighter" features accomplished psychedelic professionals, Dr. Michelle Weiner and Dustin Robinson, Esq. CPA, as a testimony for the healing effects of ketamine as an alternative solution for people facing mental health struggles. Cody Withrow of Soap Tree Media filmed and served as the documentary's director. MY Self Wellness co-produced the film with Gregory Scott.

Taking place at the Miami Airport Convention Center, Feb. 5-6, Cannadelic Miami is a two-day conference and expo that will explore the business and science of both cannabis and psychedelics. The event will feature special talks by top names in cannabis and psychedelics, expert panels, workshops and more than 100 exhibitors including cannabis and hemp industry buyers and suppliers, lifestyle brands and accessories, cannabis retailers, emerging psychedelic businesses and more.

Events in which MY Self Wellness is participating at the conference include:

The New Exit Drugs – How Cannabis & Psychedelics are Changing the Definition of Recovery

Date: Saturday, Feb. 5, 12-12:55 p.m.

Location: Hoffman Hall

Jessica Morell, RN, and MY Self Wellness Brand Ambassador, Charles Patti, to participate

New Frontiers in Nursing – How Alternative Therapies are Creating Big Opportunities for Nurses Around the World

Date: Sunday, Feb 6, 3-3:55 p.m.

Location: Hoffman Hall

Jessica Morell, RN to participate

"Lighter: A Ketamine Experience" | Film Screening + Panel/Q&A with Cast

Date: Sunday, Feb. 6, 4-6 p.m.

Location: Hoffman Hall

Jessica Morell, RN, and MY Self Wellness Brand Ambassador, Charles Patti, to participate

Presented by STM Studios

Guests can use the discount code Myself25 to receive a 25% discount on tickets. Those who only wish to attend the screening of "Lighter" can receive complimentary general admission tickets.

"Our network of loving and conscious practitioners empowers and assists individuals in unblocking their natural healing energies by combining the healing benefits of ketamine with new lifestyle practices for a full mental reset," said Christina Thomas, president and founder of MY Self Wellness. "With these tools, we believe patients can transcend their traumas and let go of obstacles on every level of physical, psychological and spiritual blockages."

"We are excited to participate in Cannadelic Miami and showcase the documentary, 'Lighter.' This conference puts us at the forefront of the psychedelic revolution," she continued.

MY Self Wellness administers ketamine in a number of ways including intravenous infusion (IV), intramuscular injection (IM), orally and sublingually (as a dissolving troche or lozenge). Each route varies per individual in the onset of action (time), bioavailability (absorption) and clearing time. Although a response is generally predictable based on past administration, it is possible that a patient may experience different physiological, psychological and emotional effects with the same dose. Treatments begin at \$599 per session; most effective regimens include a total of six sessions.

"Like so many others who have been through trauma and addiction, I found myself lost and unable to cultivate healing. I spent many years hiding from myself and unable to understand how to create a joyful, purposeful life," said Charles Patti, brand ambassador of MY Self Wellness. "It wasn't until I incorporated therapeutic psychedelics into my regime that I began to see a transformation. My goal is to share my story on a global level to encourage others to try ketamine therapy and begin their healing journey."

For more information about MY Self Wellness or to book a treatment, please visit www.myselfwellness.center.

For more information and to purchase tickets to Cannadelic Miami please visit <https://flmjexpo.com/>.

MY Self Wellness:

MY Self Wellness is a health and wellness center specializing in Ketamine Therapy. The clinic is comprised of a multidisciplinary group of psychiatrists, registered nurses, infusion specialists, and board-certified therapists. The center offers an array of services, including Ketamine Therapy, IV Vitamin Infusions, Peptide Therapy, Medical Cannabis Recommendations, Integrative Nutrition Services and Counseling. It exists to assist clients suffering from depression, anxiety, drug addiction, PTSD and more by combining the healing benefits of Ketamine with new lifestyle practices for a full mental reset. MY Self Wellness is located at 3541 Bonita Bay Blvd, #200 Bonita Springs, FL 34134. For more information, please visit www.myselfwellness.center or contact info@myselfwellness.center or call 239-908-9958. Follow along on Instagram at www.instagram.com/my.self.wellness/, Facebook at <https://www.facebook.com/myselfwellnesscenter> and YouTube at https://www.youtube.com/channel/UCuAcyck_PnLp9ypt6spmARA.