

MY Self Wellness to Exhibit at Cannadelic Miami and Screen Its Never-before-seen



Documentary, "Lighter: A Ketamine Experience," Feb. 5-6

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.