

OMB APPROVAL	
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* <u>VITA NICHOLAS</u> (Last) (First) (Middle) C/O THE CANNABIST COMPANY HOLDINGS INC. 680 FIFTH AVENUE, 24TH FLOOR (Street) NEW YORK NY 10019 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>Cannabist Co Holdings Inc. [CBSTF]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Chief Executive Officer</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>11/21/2023</u>	
4. If Amendment, Date of Original Filed (Month/Day/Year)		
Rule 10b5-1(c) Transaction Indication <input type="checkbox"/> Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.		

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Shares	11/21/2023		S		100,000	D	\$0.3468 ⁽¹⁾	21,327,075	I	Held by Vita Holdings LLC ⁽⁵⁾
Common Shares	11/22/2023		S		50,000	D	\$0.3607 ⁽²⁾	21,277,075	I	Held by Vita Holdings LLC ⁽⁵⁾
Common Shares	11/27/2023		S		50,000	D	\$0.352 ⁽³⁾	21,227,075	I	Held by Vita Holdings LLC ⁽⁵⁾
Common Shares	11/27/2023		S		50,000	D	\$0.3557 ⁽⁴⁾	21,177,075	I	Held by Vita Holdings LLC ⁽⁵⁾
Common Shares								618,950	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date					

Explanation of Responses:

- The sales price reported above was converted from the Canadian sales price of C\$0.475 using an exchange rate of C\$1.3698 = US\$1.00.
- The sales price reported above was converted from the Canadian sales price of C\$0.495 using an exchange rate of C\$1.3723 = US\$1.00.
- The sales price reported above was converted from the Canadian sales price of C\$0.48 using an exchange rate of C\$1.3635 = US\$1.00.
- The sales price reported above was converted from the Canadian sales price of C\$0.485 using an exchange rate of C\$1.3635 = US\$1.00.
- Shares sold by third-party financial institution in partial satisfaction of debt obligation. Funding was primarily used for pediatric medical research for orphan and ultra rare illnesses, tax payments, educational and philanthropic purposes.

/s/ Nicholas Vita 11/28/2023
 ** Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.

