



6 August 2019

Australian Securities Exchange (**ASX**)
Level 40, Central park
152-158 St George's Terrace
Perth WA 6000

Lodgement of Appendix 3X and 3Z

Affinity Energy and Health Limited (**AEB** or **Company**) provides the attached Appendix 3X and Appendix 3Z (**Appendices**). The Appendices relate to the resignation of Mr Malcolm James (former Executive Chairman) and appointment of Mr Sonu Cheema (current Non-Executive Director) on 14 June 2019.

The late lodgement of the Appendices represents an administrative oversight due solely to the interruption caused by the changes of the Company's executive management at this time. The Company has, since 14 June 2019, reassessed its internal processes to ensure no such oversight occurs in the future and will be more greatly utilising the extensive experience of the Company's board of directors who are predominantly highly experienced directors and officers of ASX listed companies.

For, and on behalf of, the board of directors,

Josh Puckridge
Non-Executive Director and Secretary
Affinity Energy and Health Limited

-END-

Appendix 3X

Initial Director's Interest Notice

Information or documents not available now must be given to ASX as soon as available. Information and documents given to ASX become ASX's property and may be made public.

Introduced 30/9/2001.

Name of entity Affinity Energy and Health Limited
ABN 16 124 544 190

We (the entity) give ASX the following information under listing rule 3.19A.1 and as agent for the director for the purposes of section 205G of the Corporations Act.

Name of Director	Harpreet Singh Cheema
Date of appointment	14 June 2019

Part 1 - Director's relevant interests in securities of which the director is the registered holder

In the case of a trust, this includes interests in the trust made available by the responsible entity of the trust

Note: In the case of a company, interests which come within paragraph (i) of the definition of "notifiable interest of a director" should be disclosed in this part.

Number & class of securities NIL
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+ See chapter 19 for defined terms.

Appendix 3X
Initial Director's Interest Notice

Part 2 – Director's relevant interests in securities of which the director is not the registered holder

In the case of a trust, this includes interests in the trust made available by the responsible entity of the trust

Name of holder & nature of interest	Number & class of Securities
Note: Provide details of the circumstances giving rise to the relevant interest.	
N/A	

Part 3 – Director's interests in contracts

Note: In the case of a company, interests which come within paragraph (ii) of the definition of "notifiable interest of a director" should be disclosed in this part.

Detail of contract	N/A
Nature of interest	
Name of registered holder (if issued securities)	
No. and class of securities to which interest relates	

+ See chapter 19 for defined terms.

Appendix 3Z

Final Director's Interest Notice

Information or documents not available now must be given to ASX as soon as available. Information and documents given to ASX become ASX's property and may be made public.

Introduced 30/9/2001.

Name of entity Affinity Energy and Health Limited
ABN 16 124 544 190

We (the entity) give ASX the following information under listing rule 3.19A.3 and as agent for the director for the purposes of section 205G of the Corporations Act.

Name of director	Malcolm James
Date of last notice	15 August 2017
Date that director ceased to be director	14 June 2019

Part 1 – Director's relevant interests in securities of which the director is the registered holder

In the case of a trust, this includes interests in the trust made available by the responsible entity of the trust

Note: In the case of a company, interests which come within paragraph (i) of the definition of "notifiable interest of a director" should be disclosed in this part.

Number & class of securities
Malcolm James - 20,000 Ordinary fully paid shares

+ See chapter 19 for defined terms.

Appendix 3Z

Final Director's Interest Notice

Part 2 – Director's relevant interests in securities of which the director is not the registered holder

Note: In the case of a company, interests which come within paragraph (ii) of the definition of “notifiable interest of a director” should be disclosed in this part.

In the case of a trust, this includes interests in the trust made available by the responsible entity of the trust

Name of holder & nature of interest	Number & class of securities
Note: Provide details of the circumstances giving rise to the relevant interest	
Terasse WA Pty Ltd <Beach View A/C>	180,000 Ordinary fully paid shares 50,000 listed options expiring 28/07/2020 @ \$0.05 30,000,000 unlisted options expiring 03/08/2023 @ \$0.05

Part 3 – Director's interests in contracts

Detail of contract	N/A
Nature of interest	
Name of registered holder (if issued securities)	
No. and class of securities to which interest relates	

+ See chapter 19 for defined terms.