

October 11, 2019

To: All Canadian Securities Regulatory Authorities

**Subject: Canada House Wellness Group Inc.**

Dear Sir/Madam:

We advise of the following with respect to the upcoming Meeting of Security Holders for the subject Issuer:

Meeting Type :	Annual and Special Meeting
Record Date for Notice of Meeting :	November 05, 2019
Record Date for Voting (if applicable) :	November 05, 2019
Beneficial Ownership Determination Date :	November 05, 2019
Meeting Date :	December 10, 2019
Meeting Location (if available) :	Toronto, ON
Issuer sending proxy related materials directly to NOBO:	Yes
Issuer paying for delivery to OBO:	Yes

**Notice and Access (NAA) Requirements:**

NAA for Beneficial Holders	No
NAA for Registered Holders	No

**Voting Security Details:**

<b>Description</b>	<b>CUSIP Number</b>	<b>ISIN</b>
COMMON SHARES	135101103	CA1351011038

Sincerely,

**Computershare**  
Agent for **Canada House Wellness Group Inc.**