

May 12, 2023



510 Burrard St, 3rd Floor
Vancouver BC, V6C 3B9
www.computershare.com

To: All Canadian Securities Regulatory Authorities

Subject: GLOBAL WELLNESS STRATEGIES 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 General Meeting |
| Record Date for Notice of Meeting : | June 08, 2023 |
| Record Date for Voting (if applicable) : | June 08, 2023 |
| Beneficial Ownership Determination Date : | June 08, 2023 |
| Meeting Date : | July 13, 2023 |
| Meeting Location (if available) : | Vancouver, BC |
| Issuer sending proxy related materials directly to NOBO: | Yes |
| Issuer paying for delivery to OBO: | No |

Notice and Access (NAA) Requirements:

| | |
|----------------------------|----|
| NAA for Beneficial Holders | No |
| NAA for Registered Holders | No |

Voting Security Details:

| Description | CUSIP Number | ISIN |
|--------------------|---------------------|--------------|
| COMMON CLASS | 379428105 | CA3794281053 |

Sincerely,

Computershare

Agent for GLOBAL WELLNESS STRATEGIES INC.