

October 14, 2022



Filed via SEDAR

To All Applicable Exchanges and Securities Administrators

**Subject: Goodness Growth Holdings, Inc. (the "Issuer")
Notice of Meeting and Record Date**

Dear Sir/Madam:

We are pleased to confirm the following information with respect to the Issuer's upcoming meeting of securityholders:

Meeting Type:	Annual General Meeting
Meeting Date:	November 18, 2022
Record Date for Notice of Meeting:	October 14, 2022
Record Date for Voting (if applicable):	October 14, 2022
Beneficial Ownership Determination Date:	October 14, 2022
Class of Securities Entitled to Vote:	Subordinate Shares
	Multiple Shares
	Super Voting Shares
ISIN:	CA38238W1032
	N/A
	N/A
Issuer sending proxy materials directly to NOBOs:	No
Issuer paying for delivery to OBOs:	No
Notice and Access for Beneficial Holders:	No
Notice and Access for Registered Holders:	No

In accordance with applicable securities regulations we are filing this information with you in our capacity as agent of the Issuer.

Yours truly,

Odyssey Trust Company
as agent for Goodness Growth Holdings, Inc.