



July 31, 2020

Filed via SEDAR

To All Applicable Exchanges and Securities Administrators

**Subject: Mountain Valley MD 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 and Special Meeting
Meeting Date:	September 30, 2020
Record Date for Notice of Meeting:	August 26, 2020
Record Date for Voting:	August 26, 2020
Beneficial Ownership Determination Date:	August 26, 2020
Class of Securities Entitled to Vote:	Common Shares
ISIN:	CA62430M1014
Meeting Location:	Vancouver, BC
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

Signed "Kari Hobbis"

Kari Hobbis
Director, Client Services