

August 5, 2021



*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 29, 2021                 |
| Record Date for Notice of Meeting:                | August 30, 2021                    |
| Record Date for Voting (if applicable):           | August 30, 2021                    |
| Beneficial Ownership Determination Date:          | August 30, 2021                    |
| Class of Securities Entitled to Vote:             | Common                             |
| ISIN:   | CA62430M1014                       |
| 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 Mountain Valley MD Holdings Inc.**