

July 29, 2022



*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 Meeting
Meeting Date:	September 29, 2022
Record Date for Notice of Meeting:	August 25, 2022
Record Date for Voting (if applicable):	August 25, 2022
Beneficial Ownership Determination Date:	August 25, 2022
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**