

October 25, 2022

Filed Via SEDAR

To: All Applicable Exchanges and Commissions

Dear Sirs:

**Subject: Nova Mentis Life Science Corp. (the "Corporation")
Notice of Meeting and Record Date**

We are pleased to confirm the following information with respect to the Corporation's upcoming Annual General Meeting of securityholders:

Meeting Date:	December 15, 2022
Record Date for Notice:	November 10, 2022
Record Date for Voting:	November 10, 2022
Beneficial Ownership Determination Date:	November 10, 2022
Class of Securities Entitled to Receive Notice:	COMMON
Class of Securities Entitled to Vote:	COMMON
ISIN Number:	CA66980V1067
Meeting Location:	Vancouver
Corporation sending materials directly to NOBOs:	No
Corporation to pay for delivery of materials to OBOs:	No
Notice-and-Access for registered holders:	No
Notice-and-Access for beneficial holders:	No

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

Yours truly,

OLYMPIA TRUST COMPANY

signed "Daisy Molina"

Daisy Molina
Associate Relationship Manager
Direct Dial: 403-770-1059

cc: CDS & Co.