

October 26, 2023

*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 29, 2023
Record Date for Notice:	November 20, 2023
Record Date for Voting:	November 20, 2023
Beneficial Ownership Determination Date:	November 20, 2023
Class of Securities Entitled to Receive Notice:	COMMON
Class of Securities Entitled to Vote:	COMMON
ISIN Number:	CA66980V1067
Meeting Location:	Vancouver BC
Corporation sending materials directly to NOBOs:	No
Corporation to pay for delivery of materials to OBOs:	No
Notice-and-Access for registered holders:	Yes
Notice-and-Access for beneficial holders:	Yes
Stratification for registered holders:	No
Stratification 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 "Shraddha Desai"*

Shraddha Desai  
Associate Relationship Manager  
Direct Dial: 604-707-6062

cc: CDS & Co.