

September 3, 2021



510 Burrard St, 3rd Floor
Vancouver BC, V6C 3B9
www.computershare.com

To: All Canadian Securities Regulatory Authorities

Subject: EAT WELL INVESTMENT GROUP INC. (formerly Rockshield Capital Corp.)

Dear Sir/Madam:

We advise of the following with respect to the upcoming Meeting of Security Holders for the subject Issuer:

Meeting Type :	Annual General Meeting
Record Date for Notice of Meeting :	September 13, 2021
Record Date for Voting (if applicable) :	September 13, 2021
Beneficial Ownership Determination Date :	September 13, 2021
Meeting Date :	October 20, 2021
Meeting Location (if available) :	Vancouver, BC
Issuer sending proxy related materials directly to NOBO:	Yes
Issuer paying for delivery to OBO:	No

Notice and Access (NAA) Requirements:

NAA for Beneficial Holders	No
NAA for Registered Holders	No

Voting Security Details:

Description	CUSIP Number	ISIN
COMMON SHARES	27786T109	CA27786T1093

Sincerely,

Computershare

Agent for EAT WELL INVESTMENT GROUP INC.