

NOTICE OF CHANGE IN YEAR-END

Pursuant to Section 4.8(2) of National Instrument 52-102 - *Continuous Disclosure Obligations*, Eat Well Investment Group Inc. (the “**Issuer**”) hereby gives notice as follows:

1. Notice of Change of Year-End

Notice is hereby given that the Issuer has changed its financial year-end from November 30th to December 31st.

2. Reason for Change

The Issuer decided to change its financial year-end to December 31st to align the Issuer’s financial reporting period with traditional financial, operational, and taxation cycles.

3. Old Financial Year-End

The Issuer’s old financial year-end was November 30th.

4. New Financial Year-End

The Issuer’s new financial year (“**NFY**”) ends on December 31st.

5. Transition Year Filings

The Issuer’s transition financial year (“**TFY**”) will consist of a 13-month period ending December 31, 2022.

6. The length and ending date of the periods, including the comparative periods, of the interim and annual financial statements required to be filed for the Issuer’s transition year and its new financial year

Period	Length of Period	Ending Date of Period	Comparative Period	
TFY Q4	13 months	December 31, 2022	12 months	ended November 30, 2021
NFY Q1	3 months	March 31, 2023	3 months	ended February 28, 2022
NFY Q2	6 months	June 30, 2023	6 months	ended May 31, 2022
NFY Q3	9 months	September 30, 2023	9 months	ended August 30, 2022
NFY Q4	12 months	December 31, 2023	13 months	ended December 31, 2022

7. **The filing deadlines prescribed under sections 4.2 and 4.4 of NI 51-102 for the interim and annual financial statements for the Issuer’s transition year**

Interim and annual financial statements for the Issuer’s transition year	Filing Deadlines
TFY Q4	May 1, 2023

Dated this 21st day of November, 2022.

EAT WELL INVESTMENT GROUP INC.

Per: (s) “Patrick Dunn”
Patrick Dunn
Chief Financial Officer