

May 24, 2023



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

To: All Canadian Securities Regulatory Authorities

Subject: EAT WELL INVESTMENT GROUP INC.

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 :	May 31, 2023
Record Date for Voting (if applicable) :	May 31, 2023
Beneficial Ownership Determination Date :	May 31, 2023
Meeting Date :	June 30, 2023
Meeting Location (if available) :	Vancouver BC
Issuer sending proxy related materials directly to NOBO:	No
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.