

BODY AND MIND INC.

January 5, 2023

All Canadian Securities Regulatory Authorities

Dear Sirs:

Re: Annual Meeting of Body and Mind Inc.

Body and Mind Inc., a Nevada corporation, whose common stock is registered under section 12(g) of the *United States Securities Exchange Act of 1934*, as amended, advises of the following with respect to the upcoming meeting of security holders:

Company:	Body and Mind Inc.
Meeting Type:	Annual Meeting
CUSIP#: ISIN#:	09689V100 09689V1008
Class of Security entitled to receive Notice:	Common
Class of Security entitled to vote at Meeting:	Common
Record Date for Notice:	February 3, 2023
Record Date for Voting:	February 3, 2023
Beneficial Ownership Determination Date:	February 3, 2023
Meeting Date:	March 31, 2023
Place of Meeting:	Vancouver, British Columbia, Canada
Company sending materials directly to NOBOs:	No
Company to pay for delivery of materials to OBOs:	Yes
Notice-and-Access for Registered Holders:	Yes
Notice and Access for Beneficial Holders:	Yes
Notice and Access Stratification:	Not applicable

If you require further information, please contact the undersigned.

Yours truly,

BODY AND MIND INC.

Per "*Michael Mills*"

Michael Mills,
President and Chief Executive Officer