

UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549

**FORM 8-K**

CURRENT REPORT  
Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

**June 2, 2023**

Date of Report (Date of earliest event reported)

**BODY AND MIND INC.**

(Exact name of registrant as specified in its charter)

**Nevada**

(State or other jurisdiction of  
incorporation)

**000-55940**

(Commission File Number)

**98-1319227**

(IRS Employer Identification No.)

**750 – 1095 West Pender Street  
Vancouver, British Columbia, Canada**

(Address of principal executive offices)

**V6E 2M6**

(Zip Code)

**(800) 361-6312**

Registrant's telephone number, including area code

**Not applicable.**

(Former name or former address, if changed since last report)

Check the appropriate box below if the Form 8-K is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

<input type="checkbox"/>	Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
<input type="checkbox"/>	Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
<input type="checkbox"/>	Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
<input type="checkbox"/>	Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Securities registered pursuant to Section 12(b) of the Act:

Title of each class	Trading Symbol(s)	Name of each exchange on which registered
N/A	N/A	N/A

Indicate by check mark whether the registrant is an emerging growth company as defined in as defined in Rule 405 of the Securities Act of 1933 (Section 230.405 of this chapter) or Rule 12b-2 of the Securities Exchange Act of 1934 (Section 240.12b-2 of this chapter).

Emerging growth company

If an emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition period for complying with any new or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act.

## SECTION 5 – CORPORATE GOVERNANCE AND MANAGEMENT

### Item 5.02 Departure of Directors or Certain Officers; Election of Directors; Appointment of Certain Officers; Compensatory Arrangement of Certain Officers

On June 2, 2023, Darren Tindale resigned as the Corporate Secretary of Body and Mind Inc. (the “Company”) effective June 2, 2023. Mr. Tindale’s departure was not the result of any dispute or disagreement with the Company on any matter relating to the Company’s operations, policies or practices.

Effective June 5, 2023, the Board of Directors of the Company accepted the resignation of Mr. Tindale as the Corporate Secretary of the Company and also appointed Stephen ‘Trip’ Hoffman, the Company’s current Chief Operating Officer, as the Corporate Secretary of the Company.

As a result, the Company’s current directors and officers are as follows:

<b>Name</b>	<b>Position</b>
Michael Mills	President, Chief Executive Officer and Director
Dong Shim	Chief Financial Officer
Stephen ‘Trip’ Hoffman	Chief Operating Officer, Corporate Secretary and Director
Brent Reuter	Director
Alexis Podesta	Director
Joshua Rosen	Director

## SECTION 9 – FINANCIAL STATEMENTS AND EXHIBITS

### Item 9.01 Financial Statements and Exhibits

#### (d) Exhibits

<b>Exhibit</b>	<b>Description</b>
104	Cover Page Interactive Data File (the cover page XBRL tags are embedded within the inline XBRL document)

**SIGNATURES**

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

**BODY AND MIND INC.**

**DATE:** June 7, 2023

By: /s/ Michael Mills

**Michael Mills**

**President, CEO and Director**