

BODY AND MIND INC.

January 4, 2024

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 2, 2024
Record Date for Voting:	February 2, 2024
Beneficial Ownership Determination Date:	February 2, 2024
Meeting Date:	March 28, 2024
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