

BetterLife Pharma Inc.

Via SEDAR

October 15, 2020

TO ALL REGULATORS AND EXCHANGES

RE: **BetterLife Pharma Inc.** (the "Issuer")
Notice of Meeting and Record Dates

We advise the following with respect to the Issuer's upcoming Meeting of Security Holders:

1	Meeting Type	Annual General Meeting
2	Record Date for Notice of Meeting	November 9, 2020
3	Record Date for Voting (If Applicable)	November 9, 2020
4	Beneficial Ownership Determination Date	November 9, 2020
5	Meeting Date	December 14, 2020
6	Meeting Location	Vancouver, British Columbia, CANADA
7 Voting Securities Details		
8	Description (Class)	Common
9	ISIN / CUSIP	CA08772P2026 / 08772P202
10 Issuer sending proxy related materials directly to Non-Objecting Beneficial Owners (NOBO's)		
		NO
11 Issuer paying for delivery of Objecting Beneficial Owners (OBO's)		
		NO
12 Notice and Access		
	Beneficial Holders	NO
	Registered Holders	NO
13	Material Selection	G - Annual & General

Regards,



Moira Ong, Chief Financial Officer
BetterLife Pharma Inc.