

BetterLife Pharma Inc.

Via SEDAR

October 8, 2021

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 5, 2021
3	Record Date for Voting (If Applicable)	November 5, 2021
4	Beneficial Ownership Determination Date	November 5, 2021
5	Meeting Date	December 14, 2021
6	Meeting Location	Vancouver, BC, 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	A - All

Regards,



Ahmad Doroudian, CEO
BetterLife Pharma Inc.