

BetterLife Pharma Inc.

Via SEDAR

January 16, 2023

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	February 10, 2023
3	Record Date for Voting (If Applicable)	February 10, 2023
4	Beneficial Ownership Determination Date	February 10, 2023
5	Meeting Date	March 30, 2023
6	Meeting Location	TBA
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 (NOBOs)	No
11	Issuer paying for mailing to Objecting Beneficial Owners (OBOs)	No
12 Notice and Access		
	Beneficial Holders	Yes
	Registered Holders	Yes
13	Material Selection	A - All

Regards,

"Maira Ong"

Maira Ong , CFO
BetterLife Pharma Inc.