

**ENDEAVOR TRUST CORPORATION**

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BetterLife Pharma Inc.

Via SEDAR+

April 12, 2024

TO ALL APPLICABLE 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	May 9, 2024
3	Record Date for Voting (If Applicable)	May 9, 2024
4	Beneficial Ownership Determination Date	May 9, 2024
5	Meeting Date	June 25, 2024
6	Meeting Location	Virtually
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
	Stratification Level	Not Applicable
13	Material Selection	A - All

Regards,

Endeavor Trust Corporation
Agent for BetterLife Pharma Inc.