

EGF Theramed Health Corp.

Via SEDAR

March 19, 2021

TO ALL REGULATORS AND EXCHANGES

RE: EGF Theramed Health Corp. (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 & Special Meeting
2	Record Date for Notice of Meeting	March 24, 2021
3	Record Date for Voting (If Applicable)	March 24, 2021
4	Beneficial Ownership Determination Date	March 24, 2021
5	Meeting Date	April 28, 2021
6	Meeting Location	400-837 West Hastings Street, Vancouver, BC V6C 3N6
7	Voting Securities Details	
8	Description (Class)	Common
9	ISIN / CUSIP	CA2684691033 / 268469103
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	S - All & Special Materials

Regards,

/s/ Jatinder Dhaliwal

Jatinder Dhaliwal, President and CEO
EGF Theramed Health Corp.

Meeting Type
Annual General Meeting Annual General & Special Meeting Special

TA NAME
David Chie Cate

CLASS
Common Preferred

SELECTION
A - Holders who elected to receive all materials. S - Holders who elected to receive only Special meeting related materials D - Holders who have declined to receive any material

YESNO
YES NO

MATERIALS
A - All S - All & Special Materials Special / Extraordinary Meeting: All Shareholders (incl. all materials, special & decliners)

Filed By

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Lawyer
Service Provider
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BROADRIDGE

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