

EGF Theramed Health Corp.

Via SEDAR

September 29, 2022

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	October 12, 2022
3	Record Date for Voting (If Applicable)	October 12, 2022
4	Beneficial Ownership Determination Date	October 12, 2022
5	Meeting Date	November 14, 2022
6	Meeting Location	Suite 1600 - 609 Granville Street Vancouver, British Columbia, V7Y 1C3
7 Voting Securities Details		
8	Description (Class)	Common
9	ISIN / CUSIP	CA2684692023 / 268469202
10 Issuer sending proxy related materials directly to Non-Objecting Beneficial Owners (NOBO's)		
		Yes
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,

"Connor Yuen"

Connor Yuen, CEO
EGF Theramed Health Corp.