

EGF Theramed Health Corp.

Via SEDAR

November 14, 2022

TO ALL REGULATORS AND EXCHANGES

RE: EGF Theramed Health Corp. (the "Issuer")
Notice of Meeting and Record Dates - Cancelled

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 - Cancelled
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)		
10		Yes
11 Issuer paying for delivery of Objecting Beneficial Owners (OBO's)		
11		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.