

LEANLIFE HEALTH INC.

FILED ON SEDAR

November 27, 2018

TO ALL REGULATORS AND EXCHANGES

RE: **LEANLIFE HEALTH 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	December 5, 2018
3	Record Date for Voting (If Applicable)	December 5, 2018
4	Beneficial Ownership Determination Date	December 5, 2018
5	Meeting Date	January 4, 2019
6	Meeting Location	Vancouver, BC
7	Voting Securities Details	
8	Description (Class)	Common
9	ISIN / CUSIP	CA5218551060 / 521855106
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	Annual Meeting: G - All Material

Yours Truly,

"Stan Lis"

Stan Lis, CEO
LeanLife Health Inc.