

Flow Metals Corp.

Via SEDAR

July 29, 2022

TO ALL REGULATORS AND EXCHANGES

RE: **Flow Metals 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 Meeting
2	Record Date for Notice of Meeting	August 24, 2022
3	Record Date for Voting (If Applicable)	August 24, 2022
4	Beneficial Ownership Determination Date	August 24, 2022
5	Meeting Date	September 28, 2022
6	Meeting Location	810-789 West Pender Street Vancouver, BC V6C 1H2
7 Voting Securities Details		
8	Description (Class)	Common
9	ISIN / CUSIP	CA34346Q2036 / 34346Q203
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	A - All

Regards,

"Scott Sheldon"

Scott Sheldon, CEO
Flow Metals Corp.