

Optimi Health Corp.

Via SEDAR

November 10, 2022

TO ALL REGULATORS AND EXCHANGES

RE: **Optimi 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 Meeting
2	Record Date for Notice of Meeting	December 5, 2022
3	Record Date for Voting (If Applicable)	December 5, 2022
4	Beneficial Ownership Determination Date	December 5, 2022
5	Meeting Date	January 9, 2023
6	Meeting Location	TBD (particulars provided in management proxy materials)
7 Voting Securities Details		
8	Description (Class)	Common
9	ISIN / CUSIP	CA68405H1001 / 68405H100
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	A - All

Regards,

Endeavor Trust Corporation
Agent of OPTIMI HEALTH CORP.