

April 5, 2024



Filed via SEDAR+

To All Applicable Exchanges and Securities Administrators

**Subject: MYND Life Sciences Inc. (the "Issuer")
Notice of Meeting and Record Date**

Dear Sir/Madam:

We are pleased to confirm the following information with respect to the Issuer's upcoming meeting of securityholders:

Meeting Type:	Annual General Meeting
Meeting Date:	June 6, 2024
Record Date for Notice of Meeting:	May 2, 2024
Record Date for Voting (if applicable):	May 2, 2024
Beneficial Ownership Determination Date:	May 2, 2024
Class of Securities Entitled to Vote:	Common Shares
ISIN:	CA62857B1094
Issuer sending proxy materials directly to NOBOs:	No
Issuer paying for delivery to OBOs:	No
Notice and Access for Beneficial Holders:	No
Notice and Access for Registered Holders:	No

In accordance with applicable securities regulations we are filing this information with you in our capacity as agent of the Issuer.

Yours truly,

**Odyssey Trust Company
as agent for MYND Life Sciences Inc.**