

Date: November 14, 2023

**Computershare**  
510 Burrard St, 3rd Floor  
Vancouver BC, V6C 3B9  
[www.computershare.com](http://www.computershare.com)

To: All Canadian Securities Regulatory Authorities  
**Subject: LIFEIST WELLNESS INC.**

Dear Sir/Madam:

We advise of the following with respect to the upcoming Meeting of Security Holders for the subject Issuer:

|                                                          |                                    |
|----------------------------------------------------------|------------------------------------|
| Meeting Type :                                           | Annual General Meeting (Cancelled) |
| Record Date for Notice of Meeting :                      | November 14, 2023 (Cancelled)      |
| Record Date for Voting (if applicable) :                 | November 14, 2023 (Cancelled)      |
| Beneficial Ownership Determination Date :                | November 14, 2023 (Cancelled)      |
| Meeting Date :                                           | December 29, 2023 (Cancelled)      |
| Meeting Location (if available) :                        | Toronto, ON                        |
| Issuer sending proxy related materials directly to NOBO: | No                                 |
| Issuer paying for delivery to OBO:                       | No                                 |

**Notice and Access (NAA) Requirements:**

|                            |    |
|----------------------------|----|
| NAA for Beneficial Holders | No |
| NAA for Registered Holders | No |

**Voting Security Details:**

| Description   | CUSIP Number | ISIN         |
|---------------|--------------|--------------|
| COMMON SHARES | 53228D106    | CA53228D1069 |

Sincerely,

**Computershare**  
Agent for LIFEIST WELLNESS INC.