

September 25, 2025



*Filed via SEDAR+*

To All Applicable Exchanges and Securities Administrators

**Subject: Lifeist Wellness 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:	December 5, 2025
Record Date for Notice of Meeting:	October 20, 2025
Record Date for Voting (if applicable):	October 20, 2025
Beneficial Ownership Determination Date:	October 20, 2025
Class of Securities Entitled to Vote:	Common
ISIN:	CA53228D2059
Issuer sending proxy materials directly to NOBOs:	No
Issuer paying for delivery to OBOs:	No
Notice and Access for Beneficial Holders:	Yes
Beneficial Holders Stratification Criteria:	N/A
Notice and Access for Registered Holders:	Yes
Registered Holders Stratification Criteria:	N/A

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 Lifeist Wellness Inc.**