



TSX TRUST COMPANY

REVISED 1

VIA ELECTRONIC TRANSMISSION

April 6, 2022

TO ALL APPLICABLE EXCHANGES AND COMMISSIONS:

RE: **PSYCHED WELLNESS LTD.**
Confirmation of Notice of Record and Meeting Dates

We are pleased to confirm that Notice of Record and Meeting Dates was sent to The Canadian Depository for Securities.

We advise the following with respect to the upcoming Annual General and Special Meeting of Security Holders for the subject issuer:

1	ISIN:	CA74447P1009
	CUSIP:	74447P100
2	Date Fixed for the Meeting:	May 11, 2022
3	Record Date for Notice:	April 1, 2022
4	Record Date for Voting:	April 1, 2022
5	Beneficial Ownership Determination Date:	April 1, 2022
6	Classes or Series of Securities that entitle the holder to receive Notice of the Meeting:	COMMON
7	Classes or Series of Securities that entitle the holder to vote at the meeting:	COMMON
8	Business to be conducted at the meeting:	Annual General and Special
9	Notice-and-Access:	
	Registered Shareholders:	NO
	Beneficial Holders:	NO
	Stratification Level:	Not Applicable
10	Reporting issuer is sending proxy-related materials directly to Non-Objecting Beneficial Owners:	YES
11	Issuer paying for delivery to Objecting Beneficial Owners:	NO

Yours truly,
TSX Trust Company

" *Oliver Keung* "
Relationship Manager
oliver.keung@tmx.com

VANCOUVER
650 West Georgia Street,
Suite 2700
Vancouver, BC V6B 4N9

CALGARY
300-5th Avenue SW, 10th floor
Calgary, AB T2P 3C4

TORONTO
301 - 100 Adelaide Street West
Toronto ON M5H 4H1

MONTRÉAL
1800 - 1190, avenue des
Canadiens-de-Montréal, C. P. 37
Montréal (Québec) H3B 0G7

T 604 689-3334

T 403 218-2800

Toll Free 1-866-600-5869
T 416 361-0930

T 514 395-5964