

**ENDEAVOR TRUST CORPORATION**

702 – 777 Hornby Street
Vancouver, BC, V6Z 1S4
admin@EndeavorTrust.com
www.EndeavorTrust.com

BetterLife Pharma Inc.

Via SEDAR+

July 24, 2026

TO ALL APPLICABLE REGULATORS AND EXCHANGES

RE: **BetterLife Pharma Inc.** (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	August 18, 2026
3	Record Date for Voting (If Applicable)	August 18, 2026
4	Beneficial Ownership Determination Date	August 18, 2026
5	Meeting Date	October 5, 2026
6	Meeting Location	TBA
7	Voting Securities Details	
	Description (Class)	Common
	ISIN / CUSIP	CA08772P2026 / 08772P202
8	Issuer sending proxy related materials directly to Non-Objecting Beneficial Owners (NOBOs)	No
9	Issuer paying for mailing to Objecting Beneficial Owners (OBOs)	No
10	Notice and Access	
	Beneficial Holders	Yes
	Registered Holders	Yes
	Stratification Level	Not Applicable
11	Material Selection	A - All

Regards,

Endeavor Trust Corporation

Transfer Agent for BetterLife Pharma Inc.