



NEWS RELEASE – For Immediate Distribution

Body and Mind Announces Arkansas Dispensary Construction Update and Presentation at Benzinga Capital Conference in Chicago

VANCOUVER, B.C., CANADA (October 17, 2019) – Body and Mind Inc. (CSE: BAMB, OTCQB: BMMJ) (the “Company” or “BaM”) a multi-state operator, is pleased to update shareholders on the construction of its fully funded medical marijuana dispensary in West Memphis, Arkansas. The facility is being developed with its in-state partner, Comprehensive Care Group LLC (“CCG”). Medical marijuana dispensaries in Arkansas are licensed for both retail sales and cultivation of up to 50 flowering plants within the same facility.

The project is moving forward with all pre-construction activities having been completed. Substantial construction progress has also been made, with interior framing 90% complete in the dispensary and cultivation areas. Work is in-progress on roughing in chase ways for power upgrades while electrical rough in remains ongoing throughout the project. Additionally, HVAC ductwork is 90% complete in the dispensary area.

“We are very excited to contribute our construction and cannabis expertise as we work with CCG to develop this state-of-the-art dispensary facility,” stated Trip Hoffman, Chief Operating Officer of BaM. “This facility will expand our retail operations and overall geographic footprint as we launch Body and Mind products and brands to medical patients in Arkansas. We are proud to have been selected as one of only 32 dispensary licenses awarded in Arkansas and look forward to opening our doors to consumers in this key medical cannabis market.”

View construction images at: <https://bamcannabis.com/wm-update-10-10-2019/>

The Company is also pleased to announce it is sponsoring and presenting at the Benzinga Capital Conference, taking place October 22nd and 23rd at the Palmer House Hotel in Chicago. To schedule a meeting with BaM executives at the conference, please contact ir@bamcannabis.com or valter@kcsa.com.

View information on the Cannabis Capital conference at <https://benzingacannabisconference.com/chicago>

About Body and Mind Inc.

BaM is a well capitalized publicly traded company investing in high quality medical and recreational cannabis cultivation, production and retail. Body and Mind has a strategic investment by Australis Capital Inc. Our wholly owned Nevada subsidiary was awarded one of the first medical marijuana cultivation licenses and holds cultivation and production licenses. BaM products include dried flower, edibles, oils and extracts as well as GPEN Gio cartridges and Lucid Mood offerings. BaM cannabis strains have won numerous awards including the 2019 Las Vegas Weekly Bud Bracket, Las Vegas Hempfest Cup 2016, High Times Top Ten, the NorCal Secret Cup and the Emerald Cup.

BaM continues to expand operations in Nevada, California, Arkansas and Ohio and is dedicated to increasing

shareholder value by focusing time and resources on improving operational efficiencies, facility expansions, state licensing opportunities as well as mergers and acquisitions.

Please visit www.bamcannabis.com for more information.

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Certain matters discussed in this news release and oral statements made from time to time by representatives of the Company may constitute forward-looking statements. Although the Company believes that the expectations reflected in such forward-looking statements are based upon reasonable assumptions, it can give no assurance that its expectations will be achieved. Forward-looking information is subject to certain risks, trends and uncertainties that could cause actual results to differ materially from those projected. Many of these factors are beyond the Company's ability to control or predict. Important factors that may cause actual results to differ materially and that could impact the Company and the statements contained in this news release can be found in the Company's filings with the Securities and Exchange Commission. The Company assumes no obligation to update or supplement any forward-looking statements whether as a result of new information, future events or otherwise. This press release shall not constitute an offer to sell or the solicitation of an offer to buy securities.