

FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: Skylight Health Group Inc. (the "Issuer").

Trading Symbol: SHG

Date: December 30, 2020

1. New Options Granted:

Date of Grant: December 30, 2020

Name of Optionee	Position (Director/ Officer/ Employee/ Consultant/ Management Company)	Insider Yes or No?	No. of Optioned Shares	Exercise Price	Expiry Date	No. of Options Granted in Past 12 Months
Tom Brogan	Director	Yes	35,380	1.14	December 30, 2025	10,000
Peter Cummins	Director	Yes	50,000	1.14	December 30, 2025	13,000
Norton Singhavon	Director	Yes	138,000	1.14	December 30, 2025	134,000

Total Number of optioned shares proposed for acceptance: 223,000.

2. Other Presently Outstanding Options:

Other Presently Outstanding Options: Name of Optionee	No. of Optioned Shares⁽¹⁾	Exercise Price	Original Date of Grant	Expiry Date
Skylight Health Inc.	36,000	\$0.28	May 17, 2017	30-May-21
Stephen Coates	20,000	\$0.165	July 5, 2018	04-Jul-21
Grove Capital Group	303,030	\$0.660	July 5, 2018	04-Jul-21
Grove Corporate Services	150,000	\$0.165	July 5, 2018	04-Jul-21
Majid Yazdi	666,667	\$0.15	August 23, 2018	23-Aug-23
Keran Bassi	166,666	\$0.15	August 23, 2018	23-Aug-23
Jesse Pocisk	166,666	\$0.15	August 23, 2018	23-Aug-23
Rohini Patel	60,976	\$0.41	August 23, 2018	23-Aug-23
Jibran Ahmed	24,390	\$0.41	August 23, 2018	23-Aug-23
G2M Consulting	2,727	\$0.44	November 5, 2018	11-Sep-20
Rohini Patel	25,000	\$0.44	January 23, 2019	23-Jan-24
Stephen Coates	50,000	\$0.50	January 23, 2019	23-Jan-24
Enrico Moretti	20,000	\$0.50	January 23, 2019	23-Jan-24
Grove Capital Group	175,000	\$0.50	March 31, 2019	01-Mar-22
G2M Consulting	2,727	\$0.44	March 15, 2019	Dec 11/20
G2M Consulting	2,727	\$0.44	March 15, 2019	Jan 11/21
G2M Consulting	2,727	\$0.44	March 15, 2019	Feb 11/21
G2M Consulting	2,400	\$0.50	March 15, 2019	Mar 11/21
Ackrell Capital LLC	20,000	\$0.50	April 23, 2019	23-Apr-22
Christopher Smith	75,000	\$0.081	April 17, 2020	17-Apr-25
Samar Qureshi	75,000	\$0.081	April 17, 2020	17-Apr-25
Farooq Akthar	50,000	\$0.081	April 17, 2020	17-Apr-25
Lance Bender	40,000	\$0.081	April 17, 2020	17-Apr-25
Alisha Garibaldi	40,000	\$0.081	April 17, 2020	17-Apr-25
Jibran Ahmed	15,000	\$0.081	April 17, 2020	17-Apr-25
Farnaz Teymourian	40,000	\$0.081	April 17, 2020	17-Apr-25
Farid Alvasand	40,000	\$0.081	April 17, 2020	17-Apr-25
Keran Bassi	30,000	\$0.081	April 17, 2020	17-Apr-25
Ayo Khan	5,000	\$0.081	April 17, 2020	17-Apr-25
Dan Thompson	245,000	\$0.081	April 17, 2020	17-Apr-25
Majid Yazdi	40,000	\$0.081	April 17, 2020	17-Apr-25
Raheel Lalani	50,000	\$0.081	April 17, 2020	17-Apr-25

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Kristy Medeiros	40,000	\$0.081	April 17, 2020	17-Apr-25
Melissa Martel	20,000	\$0.081	April 17, 2020	17-Apr-25
Maggie Fauver	48,780	\$0.081	April 17, 2020	17-Apr-25
Erica Pukatsch	36,585	\$0.081	April 17, 2020	17-Apr-25
Deb Doucette	36,585	\$0.081	April 17, 2020	17-Apr-25
Sokheb Nhem	36,585	\$0.081	April 17, 2020	17-Apr-25
Doug MacDonald	36,585	\$0.081	April 17, 2020	17-Apr-25
Stephanie Gluchacki	243,902	\$0.081	April 17, 2020	17-Apr-25
Annie Pacheco	40,000	\$0.081	April 17, 2020	17-Apr-25
Jennifer Charmin	36,585	\$0.081	April 17, 2020	17-Apr-25
Jessica Silva	36,585	\$0.081	April 17, 2020	17-Apr-25
Kaitlyn Durvin	36,585	\$0.081	April 17, 2020	17-Apr-25
Aarun Kumar	500,000	\$0.081	April 17, 2020	17-Apr-25
Neil Kapp	167,000	\$0.081	April 17, 2020	17-Apr-25
Pradyum Sekar	1,368,220	\$0.115 – 0.175	August 18, 2020	18-Aug-25
Kashaf Qureshi	1,368,220	\$0.115 – 0.175	August 18, 2020	18-Aug-25
Aarun Kumar	600,000	\$0.185	18-Sep-20	18-Sep-25
Factory Relations Inc.	250,000	\$0.51	27-Nov-20	27-Nov-21
Darren Lampert	500,000	\$0.51	27-Nov-20	27-Nov-21
Michael Salaman	500,000	\$0.51	27-Nov-20	27-Nov-21
Octagon Media Corp.	500,000	\$0.60	27-Nov-20	27-Nov-21
Aarun Kumar	600,000	\$0.51	27-Nov-20	27-Nov-23
Brandon Kou	100,000	\$0.51	27-Nov-20	27-Nov-21
Kirolloss Beshay	100,000	\$0.51	27-Nov-20	27-Nov-21

3. Additional Information

- (a) If shareholder approval was required for the grant of options (including prior approval of a stock option plan), state the date that the shareholder meeting approving the grant was or will be held. **N/A**
- (b) State the date of the news release announcing the grant of options.
December 30, 2020
- (c) State the total issued and outstanding share capital at the date of grant or amendment **175,185,866**.

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- (d) State, as a percentage of the issued and outstanding shares of the Issuer indicated in (c) above, the aggregate number of shares that are subject to incentive stock options, including new options, amended options and other presently outstanding options. **7.43%**
- (e) If the new options are being granted pursuant to a stock option plan, state the number of remaining shares reserved for issuance under the plan.
4,508,907
- (f) If the Issuer has completed a public distribution of its securities within 90 days of the date of grant, state the per share price paid by the public investors.
\$0.47 and \$1.00
- (g) Describe the particulars of any proposed material changes in the affairs of the Issuer. **N/A**

4. Certificate of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
2. As of the date hereof there is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 11 Notice of Proposed Stock Option Grant or Amendment is true.

Dated December 30, 2020.

Kash Qureshi
Name of Director or Senior
Officer

"signed"
Signature

President _____
Official Capacity

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