

**TAAT LIFESTYLE & WELLNESS LTD.**

Suite 810, 789 W. Pender Street,  
Vancouver, British Columbia  
V6C 1H2

**NOTICE OF ANNUAL GENERAL AND SPECIAL MEETING OF SHAREHOLDERS**

NOTICE IS HEREBY GIVEN that an annual general and special meeting (the “**Meeting**”) of the shareholders of TAAT Lifestyle & Wellness Ltd. (the “**Company**”) will be held at **Suite 810 – 789 West Pender Street, Vancouver, British Columbia** on **Friday, August 14, 2020** at **10:00 a.m.** (Vancouver, British Columbia time).

At the Meeting, the shareholders will receive the financial statements for the year ended October 31, 2019, together with the auditor’s report thereon, and consider resolutions to:

1. elect directors for the ensuing year;
2. appoint Dale, Matheson, Carr-Hilton, LaBonte LLP, Chartered Professional Accountants, as auditor of the Company for the ensuing year and authorize the directors to determine the remuneration to be paid to the auditor;
3. to consider and, if thought fit, pass an ordinary resolution to affirm, ratify and approve the Company’s 2020 Stock Option Incentive Plan, which is more particularly described in the attached Information Circular; and
4. transact such other business as may properly be put before the Meeting.

The accompanying management information circular (the “**Information Circular**”) provides additional information relating to the matters to be dealt with at the Meeting and is deemed to form part of this Notice. Also accompanying this Notice are (i) Forms of Proxy or Voting Instruction Form, and (ii) Financial Statement Request Form. Any adjournment of the Meeting will be held at a time and place to be specified at the Meeting.

Only shareholders of record at the close of business on **July 15, 2020**, will be entitled to receive notice of and vote at the Meeting. Shareholders who are unable to attend the Meeting are requested to complete, sign, date and return the enclosed form of proxy indicating your voting instructions. A proxy will not be valid unless it is deposited with the Company’s transfer agent, National Securities Administrators Ltd., (“**National**”) located at 702 – 777 Hornby Street, Vancouver, British Columbia, V6Z 1S4, (Fax: 604-559-8908) not less than 48 hours (excluding Saturdays, Sundays and holidays) before the time fixed for the Meeting or any adjournments thereof. If you are not a registered shareholder, please refer to the accompanying Information Circular for information on how to vote your shares.

In view of the current and rapidly evolving COVID-19 outbreak, the Company asks that, in considering whether to attend the Meeting in person, shareholders follow the instructions of the Public Health Agency of Canada (<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>). The Company encourages Shareholders not to attend the Meeting in person if experiencing any of the described COVID-19 symptoms of fever, cough or difficulty breathing. The Company may take additional precautionary measures in relation to the Meeting in response to further developments in the COVID-19 outbreak. As always, the Company encourages shareholders to vote prior to the Meeting. Shareholders are encouraged to vote on the matters before the Meeting by proxy and to join the Meeting by teleconference. To access the Meeting by teleconference, dial toll free at **1-800-319-7310**, Participation Code: **77783**.

DATED at Vancouver, British Columbia, the **15<sup>th</sup>** day of **July 2020**.

*“Joel Dumaresq”*

---

Joel Dumaresq  
Chief Executive Officer and Director