

August 31, 2021

CDS Clearing and Depository Services Inc.
BC Securities Commission
Alberta Securities Commission
Ontario Securities Commission
The Canadian Securities Exchange

Dear Sirs/Mesdames:

**Re: Rockshield Capital Corp. (the “Company”) (to be renamed
“Eat Well Investment Group Inc.”) - Name Change**

Pursuant to Policy 9 – Name Change, Stock Splits & Share Consolidations of the Canadian Securities Exchange (“CSE”), please be advised that the Company has changed its name to “Eat Well Investment Group Inc.” (the “**Name Change**”) and will be changing its stock symbol to “EWG”.

Enclosed please find a copy of the news release dated August 30, 2021 announcing the Name Change.

We trust you will find the foregoing in order. However, if you have any questions, please feel free to contact the undersigned.

Rockshield Capital Corp.

“Dave Doherty”

Dave Doherty
Chief Executive Officer