

July 23, 2025



Filed via SEDAR+

To All Applicable Exchanges and Securities Administrators

**Subject: Mountain Valley MD Holdings Inc. (the "Issuer")
Notice of Meeting and Record Date**

Dear Sir/Madam:

We are pleased to confirm the following information with respect to the Issuer's upcoming meeting of securityholders:

Meeting Type:	Annual General Meeting
Meeting Date:	September 10, 2025 updated
Record Date for Notice of Meeting:	July 15, 2025
Record Date for Voting (if applicable):	July 15, 2025
Beneficial Ownership Determination Date:	July 15, 2025
Class of Securities Entitled to Vote:	Mountain Valley Md Holdings Inc - Common
ISIN:	CA62430M1014
Issuer sending proxy materials directly to NOBOs:	Yes
Issuer paying for delivery to OBOs:	No
Notice and Access for Beneficial Holders:	No
Notice and Access for Registered Holders:	No

In accordance with applicable securities regulations we are filing this information with you in our capacity as agent of the Issuer.

Yours truly,

Odyssey Trust Company
as agent for Mountain Valley MD Holdings Inc.