

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information

Filer CIK 0002008869
Filer CCC XXXXXXXX
Is this a LIVE or TEST Filing? ☒ LIVE ☐ TEST

Submission Contact Information

Name
Phone
E-Mail Address

144: Issuer Information

Name of Issuer Amalgamated Financial Corp.
SEC File Number 001-40136
275 Seventh Ave.
New York
NEW YORK
10001
Phone 212-255-6200
Name of Person for Whose Account the Securities are To Be Sold Workers United

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer 10% Shareholder

144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Common Stock, par value \$0.01 per share	Keefe, Bruyette & Woods, Inc 787 7th Avenue, 4th Floor New York NY 10019	168809	8411760.00	29900147	10/30/2026	NASDAQ

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from	Is this	Date Donor Acquired	Amount of Securities Acquired	Date of Payment	Nature of Payment *
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		Whom Acquired	a Gift?		
Common Stock, par value \$0.01 per share	08/19/2018 Reorganization	Issuer	☐	384000	08/09/2018 Cash

* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Workers United 22 South 22nd St. Philadelphia PA 19103	Common Stock, par value \$0.01 per share	08/31/2026	73535	3538460.08
Workers United 22 South 22nd St. Philadelphia PA 19103	Common Stock, par value \$0.01 per share	09/01/2026	15000	709264.50
Workers United 22 South 22nd St. Philadelphia PA 19103	Common Stock, par value \$0.01 per share	09/02/2026	44244	2132078.54
Workers United 22 South 22nd St. Philadelphia PA 19103	Common Stock, par value \$0.01 per share	09/14/2026	82412	3930005.77

144: Remarks and Signature

Remarks

Each of Workers United, Chicago & Midwest, Laundry, Distribution & Food Service, Local 50, Mid-Atlantic Regional, New York-New Jersey Regional, Pennsylvania Joint Board, Philadelphia Joint Board, Rochester Regional Fund, Rochester Workers United, Western States, Workers United Canada, Southern Regional, Southwest and NY Metropolitan may be deemed to be a member of a "group" for purposes of the Securities Exchange Act of 1934. Each such person disclaims beneficial ownership of any securities deemed to be owned by the group that are not directly owned by such person. This report shall not be deemed an admission that any of the foregoing person is a member of a group or the beneficial owner of any securities not directly owned by the such person.

Date of Notice

10/30/2026

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature Workers United, By: /s/ Lynne Fox, by Power of Attorney

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)