

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 0001917010
Filer CCC XXXXXXXXX
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
Address of Issuer 275 Seventh Avenue
New York
NEW YORK
10001
Phone 212-255-6200
Name of Person for Whose Account the Securities are To Be Sold Mandy Tenner

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 EVP & General Counsel

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	APEX CLEARING 350 N ST. PAUL ST SUITE 300 DALLAS TX 75201	4165	81218.00	30393605	11/13/2023	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 Whom Acquired	Is this	Date Donor Acquired	Amount of Securities Acquired	Date of Payment	Nature of Payment *
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				a Gift?		
Common	08/24/2022	Restricted Stock Vesting	Amalgamated Financial Corp.	<input type="checkbox"/>	4930	11/13/2023 N/A
Common	02/15/2022	Restricted Stock Vesting	Amalgamated Financial Corp.	<input type="checkbox"/>	433	11/13/2023 N/A
Common	05/17/2019	Restricted Stock Vesting	Amalgamated Financial Corp.	<input type="checkbox"/>	1000	11/13/2023 N/A

* 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

Nothing to Report

144: Remarks and Signature

Remarks

Date of Notice 11/13/2023

Date of Plan Adoption or Giving of Instruction, If Relying on Rule 10b5-1 08/14/2023

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 /s/ Mandy Tenner

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