UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of report (Date of earliest event reported): August 16, 2023

Assure Holdings Corp. (Exact name of registrant as specified in its charter)

Nevada	001-40785	82-2726719
(State or other jurisdiction	(Commission	(IRS Employer
of incorporation)	File Number)	Identification No.)
7887 East Belleview Av		
Denver, CO		80111
(Address of principal executive offices)		(Zip Code)
Registra	ant's telephone number, including area code:	720-287-3093
(For	mer name or former address, if changed since	last report)
Check the appropriate box below if the Form 8-K filing is int General Instruction A.2. below):	tended to simultaneously satisfy the filing of	oligation of the registrant under any of the following provisions (see
" Written communications pursuant to Rule 425 under the	Securities Act (17 CFR 230.425)	
" Soliciting material pursuant to Rule 14a-12 under the Exc	change Act (17 CFR 240.14a-12)	
" Pre-commencement communications pursuant to Rule 14	d-2(b) under the Exchange Act (17 CFR 240	.14d-2(b))
" Pre-commencement communications pursuant to Rule 13	se-4(c) under the Exchange Act (17 CFR 240.	13e-4(c))
Securities registered pursuant to Section 12(b) of the Act:		
Title of each class	Trading Symbol(s)	Name of each exchange on which registered
Common Stock, par value \$0.001 per share	IONM	NASDAQ Capital Market
Indicate by check mark whether the registrant is an emerging the Securities Exchange Act of 1934 (§ 240.12b-2 of this chap		e Securities Act of 1933 (§ 230.405 of this chapter) or Rule 12b-2 of
Emerging growth company x		
If an emerging growth company, indicate by check mark if the accounting standards provided pursuant to Section 13(a) of the		ed transition period for complying with any new or revised financial

Item 3.01. Notice of Delisting or Failure to Satisfy a Continued Listing Rule or Standard; Transfer of Listing

On August 16, 2023, Assure Holdings Corp. (the "Company") received notice from the Listing Qualifications Department (the "Staff") of The Nasdaq Stock Market LLC ("Nasdaq") that the Company no longer satisfies the \$2.5 million stockholders' equity requirement for continued listing on The Nasdaq Capital Market, or the alternatives to that requirement - a \$35 million market value of listed securities or \$500,000 in net income in the most recent fiscal year or two or the last three fiscal years - as required by Nasdaq Listing Rule 5550(b) (the "Equity Requirement").

As with the Bid Price Deficiency Letter (as defined below), the Staff's notification has no immediate effect on the Company's continued listing on The Nasdaq Capital Market. In accordance with the Nasdaq Listing Rules, the Company was provided 45 calendar days, or until October 2, 2023, to submit a plan to regain compliance with the Equity Requirement (the "Compliance Plan"). If the Compliance Plan is accepted, the Staff has the discretion to grant the Company an extension of up to 180 calendar days from the date of the Staff's notice, or February 12, 2024, to regain compliance with the Equity Requirement.

If the Staff does not accept the Compliance Plan, the Staff will provide written notification to the Company that the Compliance Plan has been rejected, which determination may be appealed to a Nasdaq Hearings Panel (the "Panel"). The request for a hearing would stay any further action by the Staff at least pending a hearing before the Panel and the expiration of any extension period that the Panel may grant to the Company following the hearing.

The Company plans to timely submit the Compliance Plan for the Staff's review, to monitor its stockholders' equity, and, to otherwise consider all available options to regain compliance with the Equity Requirement.

The notification is separate from, and in addition to, the previously disclosed deficiency letter that the Company received from the Staff on July 25, 2023, following the Company's failure to maintain a minimum closing bid price of \$1.00 per share over the previous thirty consecutive business day period (the "Bid Price Deficiency Letter"), in contravention of Nasdaq Listing Rule 5550(a)(2) (the "Bid Price Requirement"). As previously disclosed, the Company was provided a 180 calendar-day period to regain compliance with the Bid Price Requirement, through January 22, 2024. If the Company does not regain compliance with the Bid Price Requirement by January 22, 2024, the Company would be eligible to request, but may not qualify for, an additional 180 calendar day compliance period. In order to qualify for the additional 180 calendar day compliance period, the Company would be required to meet the continued listing requirement for the market value of publicly held shares and all other initial listing standards for The Nasdaq Capital Market, including the \$5 million stockholders' equiry requirement for initial listing. If the Company does not regain compliance with the Bid Price Requirement by January 22, 2024, and does not satisfy the requirements to obtain a second grace period as of that date, its common stock would be subject to delisting from Nasdaq.

Forward-Looking Statements

Certain information contained in this Current Report on Form 8-K includes "forward-looking statements" within the meaning of Section 27A of the Securities Act of 1933, as amended, and Section 21E of the Securities Exchange Act of 1934, as amended. We may in some cases use terms such as "predicts," "believes," "potential," "continue," "anticipates," "estimates," "expects," "plans," "intends," "may," "could," "might," "likely," "will," "should" or other words that convey uncertainty of the future events or outcomes to identify these forward-looking statements. Our forward-looking statements are based on current beliefs and expectations of our management team that involve risks, potential changes in circumstances, assumptions, and uncertainties, including statements regarding the timing and content of our Compliance Plan, our ability to file the Compliance Plan in accordance with Nasdaq rules, whether the Staff accepts the Compliance Plan, our ability to regain compliance with Nasdaq continued listing requirements, and our financial condition, growth and strategies. Any or all of the forward-looking statements may turn out to be wrong or be affected by assumptions we make that later turn out to be incorrect, or by known or unknown risks and uncertainties. These forward-looking statements are subject to risks and uncertainties including risks related to our ability to regain compliance with Nasdaq's continued listing requirements or otherwise maintain compliance with any other listing requirement of the Nasdaq Capital Market, including the Bid Price Requirement, timely file our Compliance Plan in accordance with Nasdaq rules, our ability to submit a Compliance Plan that is acceptable to the Staff, the potential de-listing of our shares from the Nasdaq Capital Market due to our failure to comply with the Bid Price Requirement or the Equity Requirement, and the other risks set forth in our filings with the Securities and Exchange Commission, including in our Annual Report on Form 10-K and our Quarterly Reports on For

SIGNATURE

Pursuant to the requirement of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned thereunto duly authorized.

ASSURE HOLDINGS CORP.

Date: August 22, 2023 By: /s/John Price

Name: John Price

Title: Chief Financial Officer