

## Form 144 Filer Information

UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549

FORM 144/A

## Form 144

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

## 144/A: Filer Information

Filer CIK	0001886261
Filer CCC	XXXXXXXX
Previous Accession Number Of The Filing	0001886261-22-000003
Is this a LIVE or TEST Filing?	<input checked="" type="radio"/> LIVE <input type="radio"/> TEST

## Submission Contact Information

Name	
Phone	
E-Mail Address	

## 144/A: Issuer Information

Name of Issuer	Assure Holdings Corp.
SEC File Number	001-40785
Address of Issuer	7887 EAST BELLEVIEW AVENUE SUITE 500 GREENWOOD VILLAGE COLORADO 80111
Phone	720-287-3093
Name of Person for Whose Account the Securities are To Be Sold	Parsons Preston T

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% Stockholder
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## 144/A: Securities Information

Title of the Class of Securities To Be Sold	Common
Name and Address of the Broker	Haywood Securities USA 200 Burrard Street Suite 700 Vancouver A1 V6C3L6
Number of Shares or Other Units To Be Sold	512400
Aggregate Market Value	155000.00
Number of Shares or Other Units Outstanding	18512605
Approximate Date of Sale	12/20/2022
Name the Securities Exchange	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/A: Securities To Be Sold

Title of the Class	Common
Date you Acquired	05/27/2017
Nature of Acquisition Transaction	Founder's Shares
Name of Person from Whom Acquired	N/A

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired	512400
Date of Payment	05/27/2017
Nature of Payment	Equity Award

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/A: Securities Sold During The Past 3 Months

Nothing to Report



## 144/A: Remarks and Signature

Remarks	
Date of Notice	12/22/2022

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