Form 144 Filer Information

FORM 144

144: Filer Information

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

Form 144

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

Filer CIK	0001886261
Filer CCC	XXXXXXX
Is this a LIVE or TEST Filing?	
Submission Contact Information	
Name	
Phone	
E-Mail Address	
144: 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
144: Securities Information	on .
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	163753
Aggregate Market Value	650099.00
Number of Shares or Other Units Outstanding	1101098
Approximate Date of Sale	03/23/2023
Name the Securities Exchange	NASDAQ

any part of the purchase price or other consideration therefor:

144: 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	163753
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: Securities Sold During The Past 3 Months

Name and Address of Seller	Preston Parsons 5 Mockingbird Lane Cherry Hills Village CO 80113
Title of Securities Sold	Common
Date of Sale	12/30/2022
Amount of Securities Sold	4700
Gross Proceeds	27504.00

144: Securities Sold During The Past 3 Months

Name and Address of Seller	Preston Parsons 5 Mockingbird Lane Cherry Hills Village CO 80113
Title of Securities Sold	Common
Date of Sale	01/04/2023
Amount of Securities Sold	2950
Gross Proceeds	16662.00

144: Securities Sold During The Past 3 Months

Name and Address of Seller	Preston Parsons 5 Mockingbird Lane Cherry Hills Village CO 80113
Title of Securities Sold	Common

Date of Sale	01/06/2023
Amount of Securities Sold	4950
Gross Proceeds	28225.00

144: Securities Sold During The Past 3 Months

Name and Address of Seller

Preston Parsons
5 Mockingbird Lane
Cherry Hills Village
CO
80113

Title of Securities Sold

Common

Date of Sale

01/11/2023

Amount of Securities Sold

1400

Gross Proceeds

9444.00

144: Securities Sold During The Past 3 Months

Name and Address of Seller

Preston Parsons
5 Mockingbird Lane
Cherry Hills Village
CO
80113

Title of Securities Sold

Common

Date of Sale

01/19/2023

Amount of Securities Sold

725

Gross Proceeds

5010.00

144: Securities Sold During The Past 3 Months

Name and Address of Seller

Preston Parsons
5 Mockingbird Lane
Cherry Hills Village
CO
80113

Title of Securities Sold

Common

Date of Sale

01/24/2023

Amount of Securities Sold

2000

Gross Proceeds

13600.00

144: Securities Sold During The Past 3 Months

Name and Address of Seller	Preston Parsons 5 Mockingbird Lane Cherry Hills Village CO 80113
Title of Securities Sold	Common
Date of Sale	01/26/2023
Amount of Securities Sold	1100
Gross Proceeds	7182.00

144: Securities Sold During The Past 3 Months

Preston Parsons 5 Mockingbird Lane Cherry Hills Village CO 80113
Common
01/31/2023
1250
7155.00

144: Securities Sold During The Past 3 Months

Name and Address of Seller	Preston Parsons 5 Mockingbird Lane Cherry Hills Village CO 80113
Title of Securities Sold	Common
Date of Sale	02/06/2023
Amount of Securities Sold	1250
Gross Proceeds	7250.00

144: Remarks and Signature

Remarks	
Date of Notice	03/22/2023

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 Preston Parsons

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