

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 Avenue  
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<br>787 7th Avenue, 4th Floor<br>New York NY 10019 | 132779                                     | 6465010.00             | 29900147                                    | 08/31/2026               | 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 * |
|--------------------|-------------------|-----------------------------------|---------------------|---------|---------------------|-------------------------------|-----------------|---------------------|
|--------------------|-------------------|-----------------------------------|---------------------|---------|---------------------|-------------------------------|-----------------|---------------------|

|                                                |                           | Whom<br>Acquired | a<br>Gift?               |        |                 |
|------------------------------------------------|---------------------------|------------------|--------------------------|--------|-----------------|
| Common Stock,<br>par value \$0.01<br>per share | 08/19/2018 Reorganization | Issuer           | <input type="checkbox"/> | 132779 | 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

Nothing to Report ☒

## 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

08/31/2026

### 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)**