

1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	<i>Kasado 2020 AS</i>				
2	Reason for the notification					
a)	Position/status	<i>Closely associated company of Kristian Adolfsen, board member in Norlandia Health & Care Group AS</i>				
b)	Initial notification/Amendment	<i>Initial notification</i>				
3	Details of issuer					
a)	Name	<i>Norlandia Health & Care Group AS</i>				
b)	LEI	<i>549300FBOBWU7L8EH481</i>				
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted					
a)	Description of the financial instrument, type of instrument Identification code	<i>Debt instrument.</i> ISIN: NO 001 0997927				
b)	Nature of the transaction	<i>Sale/transfer of debt instruments</i>				
c)	Price(s) and volume(s)	<table border="1"> <thead> <tr> <th>Price(s)</th> <th>Volume(s)</th> </tr> </thead> <tbody> <tr> <td>97.75 %</td> <td>NOK 1,500,000</td> </tr> </tbody> </table>	Price(s)	Volume(s)	97.75 %	NOK 1,500,000
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d)	Aggregated information — Aggregated volume — Price	<table border="1"> <thead> <tr> <th>Price</th> <th>Aggregated Volume</th> </tr> </thead> <tbody> <tr> <td>97.65 %</td> <td>NOK 2,500,000</td> </tr> </tbody> </table>	Price	Aggregated Volume	97.65 %	NOK 2,500,000
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97.65 %	NOK 2,500,000					
	Note: Aggregated volume includes privately owned volumes.					
e)	Date of the transaction	<i>19.01.2023</i>				
f)	Place of the transaction	<i>Oslo Børs, MIC: XOSL</i>				

1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	<i>Mona Adolfsen</i>				
2	Reason for the notification					
a)	Position/status	<i>Closely associated person of Roger Adolfsen, board member in Norlandia Health & Care Group AS</i>				
b)	Initial notification/Amendment	<i>Initial notification</i>				
3	Details of issuer					
a)	Name	<i>Norlandia Health & Care Group AS</i>				
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1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	<i>Roger Larsen</i>				
2	Reason for the notification					
a)	Position/status	<i>CFO – Norlandia Health & Care Group AS</i>				
b)	Initial notification/Amendment	<i>Initial notification</i>				
3	Details of issuer					
a)	Name	<i>Norlandia Health & Care Group AS</i>				
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