

SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

FORM 144

OMB APPROVAL
OMB Number: 3235-0101
Expires: July 31, 2023
Estimated average burden hours per response 1.0

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

ATTENTION: This form must be filed in electronic format by means of the Commission's Electronic Data Gathering, Analysis, and Retrieval system (EDGAR) in accordance with the EDGAR rules set forth in Regulation S-T (17 CFR part 232), except that where the issuer of the securities is not subject to the reporting requirements of section 13 or 15(d) of the Exchange Act, this form must be filed in accordance with Securities Act Rule 144(h)(2). For assistance with EDGAR issues, please consult the EDGAR-Information for Filers webpage on SEC.gov.

1 (a) NAME OF ISSUER (Please type or print)		(b) SEC FILE NO		CUSIP NUMBER	
LIFESTANCE HEALTH GROUP, INC.		00140478		WORK LOCATION	
1 (c) ADDRESS OF ISSUER		STREET	CITY	STATE	ZIP CODE
4800 NORTH SCOTSDALE ROAD		SCOTSDALE	AZ	85251	area code number
2 (a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD		(b) RELATIONSHIP TO ISSUER		6 0 2 7 6 7 2 1 0 0	
MICHAEL LESTER		Associated to Affiliate			

INSTRUCTION: The filer should contact the issuer to obtain the S.E.C. File Number.

3 (a) Title of the Class of Securities To Be Sold	(b) Name and Address of Each Broker Through Whom the Securities are to be Offered or Each Market Maker who is Acquiring the Securities	SEC USE ONLY		(c) Number of Shares or Other Units To Be Sold (See instr. 3(c))	(d) Aggregate Market Value (See instr. 3(d))	(e) Number of Shares or Other Units Outstanding (See instr. 3(e))	(f) Approximate Date of Sale (See instr. 3(f)) (MO., DAY, YR.)	(g) Name of Each Securities Exchange (See instr. 3(g))
		Broker-Dealer File Number						
Common	FIDELITY BROKERAGE SERVICES LLC 245 SUMMER STREET BOSTON, MA 02110			1,300,000	\$10,192,000.00	376370068	4/6/23	NASDAQ

INSTRUCTIONS:

- Name of issuer
 - Issuer's S.E.C. file number, if any
 - Issuer's address, including zip code
 - Issuer's telephone number, including area code
- Name of person for whose account the securities are to be sold
 - Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing)
- Title of the class of securities to be sold
 - Name and address of each broker through whom the securities are intended to be sold
 - Number of shares or other units to be sold (if debt securities, give the aggregate face amount)
 - Aggregate market value of the securities to be sold as of a specified date within 10 days prior to the filing of this notice
 - Number of shares or other units of the class outstanding, or if debt securities the face amount thereof outstanding, as shown by the most recent report or statement published by the issuer
 - Approximate date on which the securities are to be sold
 - Name of each securities exchange, if any, on which the securities are intended to be sold

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

TABLE I — SECURITIES TO BE SOLD

I warrant 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

Form of Security	Date of Acquisition	Quantity Acquired	Name of Issuer (Name of Issuer, if any, and name of issuer, if any, if the issuer is a corporation)	Amount of Securities Acquired	Date of Acquisition	Name of Registrant
Common	05/14/2023	Stock Award	COMPANY	1300000	06/09/2023	Compensation

INSTRUCTIONS:

If the securities were purchased and full payment therefor was not made on (and) at the time of purchase, explain in the table or on a page thereto the nature of the consideration given. If the consideration consisted of any monetary obligation or if payment was made in installments, describe the arrangement and state when the note or other obligation was discharged or full or the last installment paid.

TABLE II — SECURITIES SOLD DURING THE PAST 3 MONTHS

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.

Name and Address of Seller	Date of Securities Sold	Date of Sale	Quantity Sold	Price Received
MICHAEL LESTER 4800 NORTH SCOTTSDALE ROAD SCOTTSDALE	N/A LIFESTANCE HEALTH GROUP, INC	03/29/2023	109400	\$ 790,266.44
AZ 85251			85700	\$ 614,669.74
			80400	\$ 585,556.54
			99500	\$ 703,180.75

REMARKS:

INSTRUCTIONS:

See the definition of "person" in paragraph (b) 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.

4/5/23

DATE OF NOTICE

Under the provisions of the Securities Act of 1933, the following information is required:

The person for whose account the securities are sold must be a bona fide resident of the United States at the time of the sale.

The person for whose account the securities are sold must be a bona fide resident of the United States at the time of the sale.

Michael Lester

DATE

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