

1	Details of the person discharging managerial responsibilities/person closely associated											
a)	Name	Pioneer Property Group ASA										
2	Reason for the notification											
a)	Position/status	Closely associated person of Roger Adolfsen, board member in Norlandia Health & Care Group AS										
b)	Initial notification/Amendment	Initial notification										
3	Details of issuer											
a)	Name	Norlandia Health & Care Group AS										
b)	LEI	549300FBOBWU7L8EH481										
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	Debt instrument. NHC01, ISIN: NO0010780604 and NHC02, ISIN: NO0010780612										
b)	Nature of the transaction	Sale/transfer of debt instruments										
c)	Price(s) and volume(s)	<table border="1"> <thead> <tr> <th>Instrument</th> <th>Price(s)</th> <th>Volume(s)</th> </tr> </thead> <tbody> <tr> <td>NHC01</td> <td>100.375</td> <td>196 000 000</td> </tr> <tr> <td>NHC02</td> <td>100.375</td> <td>163 500 000</td> </tr> </tbody> </table>		Instrument	Price(s)	Volume(s)	NHC01	100.375	196 000 000	NHC02	100.375	163 500 000
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f)	Place of the transaction	Oslo Børs, MIC: XOSL										

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