



NEWS RELEASE

CareTrust REIT Announces Quarterly Dividend of \$0.28 per Share

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SAN CLEMENTE, Calif.--(BUSINESS WIRE)-- CareTrust REIT, Inc. (NYSE:CTRE) announced today that its Board of Directors has declared a quarterly common stock cash dividend of \$0.28 per common share. The current dividend will be payable to common stockholders of record as of the close of business on September 29, 2023. The Company intends to pay the dividend on or about October 13, 2023.

About CareTrust REIT™

CareTrust REIT, Inc. is a self-administered, publicly-traded real estate investment trust engaged in the ownership, acquisition, development and leasing of skilled nursing, seniors housing and other healthcare-related properties. With a nationwide portfolio of long-term net-leased properties, and a growing portfolio of quality operators leasing them, CareTrust REIT is pursuing both external and organic growth opportunities across the United States. More information about CareTrust REIT is available at www.caretrustreit.com.

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