For Immediate Release

Sterling Multifamily Trust Announces Dividend and Distribution

Company Release – June 26, 2023

FARGO, NORTH DAKOTA – Sterling Multifamily Trust's Board of Trustees met on June 22, 2023 and declared its 82nd consecutive quarterly dividend of \$0.2875 per share payable on July 17, 2023 to shareholders of record at the close of business June 30, 2023. This dividend represents a 5.0% annual yield given the current share price of \$23.00 per share.

Also on June 22, 2023, Sterling's Board of Trustees, acting as General Partner of Sterling Multifamily Properties, LLLP, declared its 81st consecutive quarterly distribution of \$0.2875 per unit payable on July 17, 2023 to Limited Partnership unitholders of record at the close of business June 30, 2023. This distribution represents a 5.0% annual yield given the current unit price of \$23.00 per unit.

ABOUT STERLING MULTIFAMILY TRUST

Sterling Multifamily Trust is a registered, but unincorporated business trust formed in North Dakota to invest in primarily multifamily dwellings. The Trust operates as an Umbrella Partnership Real Estate Investment Trust, and holds all of its assets through Sterling Multifamily Properties, LLLP, which the Trust controls as General Partner. For more company information, visit our website at www.sretrust.com or <a href="www.sretrus

Cellina Murphy Director of Investor Relations For Additional Information 4340 18th Avenue South, Suite 200 Fargo, ND 58103 (701) 205-1146