

Form 144

FORM 144

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

144: Filer Information

Filer CIK 0001802649
Filer CCC XXXXXXXXX
Is this a LIVE or TEST Filing? LIVE TEST

Submission Contact Information

Name
Phone
E-Mail Address

144: Issuer Information

Name of Issuer Frequency Therapeutics, Inc.
SEC File Number 001-39062
Address of Issuer 75 HAYDEN AVENUE
SUITE 300
LEXINGTON
MASSACHUSETTS
02421
Phone 781-315-4600
Name of Person for Whose Account the Securities are To Be Sold Arnold Wendy S

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

Relationship to Issuer Former Chief People Officer

144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Common	Fidelity Brokerage Services LLC 900 Salem Street Smithfield RI 02917	1696	1036.76	35751956	07/21/2023	NASDAQ

Furnish 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:

144: Securities To Be Sold

Title of the Class	Date you Acquired	Nature of Acquisition	Name of Person from	Is this	Date Donor	Amount of Securities	Date of Payment	Nature of Payment *
--------------------	-------------------	-----------------------	---------------------	---------	------------	----------------------	-----------------	---------------------

	Transaction	Whom Acquired	a Gift?	Acquired	Acquired
Common	07/20/2023 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	1696	07/20/2023 Compensation

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

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.

144: Securities Sold During The Past 3 Months

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Wendy Arnold 75 Hayden Avenue Suite 300 Lexington MA 02421	Common	07/06/2023	1767	597.42
Wendy Arnold 75 Hayden Avenue Suite 300 Lexington MA 02421	Common	07/07/2023	1669	595.17
Wendy Arnold 75 Hayden Avenue Suite 300 Lexington MA 02421	Common	07/10/2023	1655	619.96
Wendy Arnold 75 Hayden Avenue Suite 300 Lexington MA 02421	Common	07/11/2023	1733	645.54
Wendy Arnold 75 Hayden Avenue Suite 300 Lexington MA 02421	Common	07/12/2023	1671	662.72
Wendy Arnold 75 Hayden Avenue Suite 300 Lexington MA 02421	Common	07/13/2023	1686	663.10
Wendy Arnold 75 Hayden Avenue Suite 300 Lexington MA 02421	Common	07/14/2023	1152	679.33
Wendy Arnold 75 Hayden Avenue Suite 300 Lexington MA 02421	Common	07/17/2023	1774	1206.32
Wendy Arnold 75 Hayden Avenue Suite 300 Lexington MA 02421	Common	07/18/2023	1871	1053.37
Wendy Arnold 75 Hayden Avenue Suite 300 Lexington MA 02421	Common	07/19/2023	1692	1096.25
Wendy Arnold 75 Hayden Avenue	Common	07/20/2023	1716	1109.05

144: Remarks and Signature

Remarks

Date of Notice 07/21/2023

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature /s/ Jennifer Ruchti, as a duly authorized representative of Fidelity Brokerage Services LLC, as attorney-in-fact for Wendy Arnold

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