UNITED STATES SECURITIES AND EXCHANGE COMMISSION

	WASHINGTON, D.C. 20549		
	FORM 8-K		
	CURRENT REPORT 13 or 15(d) of The Securities Exchan Date of earliest event reported): Jun	_	
	TECHNOLOGIES,	INC.	
Florida (State or Other Jurisdiction of Incorporation)	0-21835 (Commission File Number)	59-2754337 (IRS Employer Identification No.)	
7456 16th St E Sarasota, Florida (Address of Principal Executive Offices)		34243 (Zip Code)	
Registrant's Tel	ephone Number, Including Area Code: 941 3	362-1200	
(Former Na	ame or Former Address, if Changed Since Last Repo	rt)	
Check the appropriate box below if the Form 8-K filing is inte provisions (see General Instruction A.2. below):	nded to simultaneously satisfy the filing obligation	on of the registrant under any of the following	
☐ Written communications pursuant to Rule 425 under the	e Securities Act (17 CFR 230.425)		
□ Soliciting material pursuant to Rule 14a-12 under the Ex	change Act (17 CFR 240.14a-12)		
☐ Pre-commencement communications pursuant to Rule	14d-2(b) under the Exchange Act (17 CFR 240.	14d-2(b))	
☐ Pre-commencement communications pursuant to Rule	13e-4(c) under the Exchange Act (17 CFR 240.	13e-4(c))	
Securities registered pursuant to Section 12(b) of the Act:			

Title of each class Common Stock \$.001 Par Value

Trading Symbol(s) HLIO

Name of each exchange on which registered New York Stock Exchange

Indicate by check mark whether the registrant is an emerging growth company as defined in Rule 405 of the Securities Act of 1933 (§ 230.405 of this chapter) or Rule 12b-2 of the Securities Exchange Act of 1934 (§ 240.12b-2 of this chapter).

Emerging growth company □

If an emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition period for complying with any new or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act. \Box

Item 8.01 Other Events.

On June 5, 2023, the Registrant issued the press release attached hereto as Exhibit 99.1 announcing a \$0.09 per share cash dividend on its common stock, payable on July 20, 2023, to shareholders of record as of July 5, 2023.

Item 9.01 Financial Statements and Exhibits.

(d)Exhibits

- 99.1 Press release dated June 5, 2023
- 104 Cover Page Interactive Data File (embedded within the Inline XBRL document).

SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned thereunto duly authorized.

HELIOS TECHNOLOGIES, INC.

Date: June 5, 2023 By: /s/ Tricia L. Fulton

Tricia L. Fulton
Executive Vice President and Chief Financial Officer (Principal Financial and Accounting Officer)



FOR IMMEDIATE RELEASE

Helios Technologies Continues Long History of Consecutive Quarterly Cash Dividend

SARASOTA, FL, June 5, 2023 — Helios Technologies, Inc. (NYSE: HLIO) ("Helios" or the "Company"), a global leader in highly engineered motion control and electronic controls technology for diverse end markets, announced that its Board of Directors declared a quarterly cash dividend of \$0.09 per common share. Helios has declared consecutive quarterly dividends to its stockholders for more than 26 years.

The dividend will be payable on July 20, 2023 to stockholders of record as of July 5, 2023. Helios Technologies has approximately 33.0 million shares of common stock outstanding.

About Helios Technologies

Helios Technologies is a global leader in highly engineered motion control and electronic controls technology for diverse end markets, including construction, material handling, agriculture, energy, recreational vehicles, marine and health and wellness. Helios sells its products to customers in over 90 countries around the world. Its strategy for growth is to be the leading provider in niche markets, with premier products and solutions through innovative product development and acquisition. The Company has paid a cash dividend to its shareholders every quarter since becoming a public company in 1997. For more information please visit: www.heliostechnologies.com and follow us on LinkedIn.

For more information, contact:

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