## FORM 4

# UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL
OMB Number: 3235-0287
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

#### STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

(Print or Ty	pe Response	s)															
1. Name and Address of Reporting Person * KRUEGER JILL M				2. Issuer Name and Ticker or Trading Symbol iMedia Brands, Inc. [IMBI]							mbol	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  X Director 10% Owner					
(Last) (First) (Middle) 6740 SHADY OAK ROAD				3. Date of Earliest Transaction (Month/Day/Year) 06/14/2022							y/Year)	Office	er (give title belo	ow)	Other (specify b	elow)	
(Street)				4. If Amendment, Date Original Filed(Month/Day/Year)							h/Day/Year)	6. Individual or Joint/Group Filing(Check Applicable Line)  _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person					
EDEN P	RAIRIE, N	/IN 55344-3	433											ed by whole man	One Reporting	CISON	
(City	·)	(State)	(Zip)			Ta	ble I	- Non	-Deri	ivative :	Securities	Acqu	ired, Disp	osed of, or I	Beneficially (	Owned	
1.Title of Security (Instr. 3)			2. Transaction Date (Month/Day/Year)			if Code (Instr. 8)		ction	4. Securities Acquired (A) or Disposed of (D (Instr. 3, 4 and 5)		of (D)	Beneficia Reported	nt of Securiti lly Owned F Transaction	ollowing	Ownership Form:	Beneficial	
				(Month/Day/Y		Year)		ode	V	Amou	(A) or (D)	Price	(Instr. 3 a	nd 4)		` '	Ownership (Instr. 4)
Common	n Stock		06/14/2022					A		67,24 (1)	1 A	\$ 0	90,568			D	
			Table II - I					quire	the fo	orm dis	splays a of, or Ber	curre eficia	ently valid	OMB conf	spond unle trol numbe		
1 77'41 . C	2	2 T .:	,	<i>e.g.</i> , p	outs, call 4.			ts, op			tible secu			0 D : C	0.31 1	C 10	11.37.
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security		Execution Da any	te, if Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)			Am Uno Sec	Citle and count of derlying urities str. 3 and	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	Ownersl Form of Derivati Security Direct (I or Indire	Beneficia Ownershi : (Instr. 4)	
									Date	cisable	Expiratio	n Titl	Amount or e Number				

#### **Reporting Owners**

	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
KRUEGER JILL M 6740 SHADY OAK ROAD EDEN PRAIRIE, MN 55344-3433	X						

### **Signatures**

/s/ Jonathan Zimmerman, Attorney-in-Fact	06/16/2022		
**Signature of Reporting Person	Date		

### **Explanation of Responses:**

- \* If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Restricted stock units that vest on the earlier of (a) the date preceding the subsequent annual meeting of the Company's shareholders or (b) June 16, 2023; provided the director remains a member of the board as of the vesting date.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.