UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM 8-K

CURRENT REPORT Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

> Date of Report (Date of earliest event reported): January 3, 2022

AMC ENTERTAINMENT HOLDINGS, INC.

(Exact name of registrant as specified in its charter)

Delaware (State or Other Jurisdiction of (Commission File Number) Incorporation)

001-33892

26-0303916 (IRS Employer Identification Number)

One AMC Way 11500 Ash Street, Leawood, KS 66211 (Address of principal executive offices, including zip code) (913) 213-2000 (Registrant's telephone number, including area code)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

- " Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- " Soliciting material pursuant to Rule 14a-12 under the Exchange 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:

| | | Name of each exchange on which |
|---|----------------|---|
| Title of each class | Trading Symbol | registered |
| Class A common stock | AMC | New York Stock Exchange |
| Indicate by check mark whether the registrant is an emerging the Securities Exchange Act of 1934 (§240.12b-2 of this ch | | ities Act of 1933 (§230.405 of this chapter) or Rule 12b-2 of |
| | | Emerging growth company " |
| If an emerging growth company, indicate by check mark if accounting standards provided pursuant to Section 13(a) of | E | ion period for complying with any new or revised financial |
| | | |

Item 7.01 Regulation FD Disclosure.

On January 3, 2022, AMC Entertainment Holdings, Inc.'s Chief Executive Officer, Adam Aron, made the following statement on his Twitter account:

"MY NEW YEAR'S RESOLUTION FOR AMC. In 2020 and early 2021, AMC took on debt at high interest rates to survive. If we can, in 2022 I'd like to refinance some of our debt to reduce our interest expense, push out some debt maturities by several years and loosen covenants. With an improving financial position, one of our 2022 goals is to strengthen our balance sheet. There is no guarantee of success, but we will try very hard to get this done. We are always thinking of creative ways to make AMC's future more secure."

The information in this Item 7.01 disclosure is being furnished and shall not be deemed "filed" for purposes of Section 18 of the Securities Exchange Act of 1934, as amended (the "Exchange Act"), or otherwise subject to the liabilities under that Section. In addition, the information in this Item 7.01 disclosure, shall not be incorporated by reference into the filings of AMC Entertainment Holdings, Inc. under the Securities Act of 1933, as amended, or the Exchange Act, except as shall be expressly set forth by specific reference in such filing.

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 hereunto duly authorized.

Date: January 3, 2022

AMC ENTERTAINMENT HOLDINGS, INC.

By: /s/ Sean D. Goodman

Name: Sean D. Goodman

Title: Executive Vice President and Chief Financial Officer