To Create an Outlook contact group and share it:

In outlook client:
Click on New Items
Click on Contact Group:
Create the group:

1. Name the Group
2. Add members
3. Click Save and Close

In your Outlook client, click on the People/Contact Icon:

Select your contact group (distribution list)

1. Right click on your group, select Forward Contact
2. Select As an Outlook Contact
This window will open

Here is my test email group

1. Choose your recipient, enter message, and click Send