



FOR IMMEDIATE RELEASE

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Highwoods to Present at CITI 2016 Global Property CEO Conference

Live Webcast on Monday, March 14, at 2:15 PM ET

RALEIGH, NC — March 7, 2016 — Highwoods Properties, Inc. (NYSE:HIW) Ed Fritsch, President and Chief Executive Officer, will participate in a Company roundtable presentation at the CITI 2016 Global Property CEO Conference. The presentation will take place on Monday, March 14, at 2:15 p.m. ET and will last approximately 35 minutes.

The webcast presentation will be available through the Investors section of the Company's website at www.highwoods.com. A link for the webcast will be provided on the "Corporate Profile" page of this section. A replay of the webcast will be available an hour after the presentation ends.

About Highwoods

Highwoods Properties, Inc. (NYSE:HIW), headquartered in Raleigh, is a publicly traded REIT and a member of the S&P MidCap 400 Index. Highwoods is a fully-integrated office REIT that owns, develops, acquires, leases and manages properties primarily in the best business districts (BBDs) of Atlanta, Greensboro, Kansas City, Memphis, Nashville, Orlando, Pittsburgh, Raleigh, Richmond and Tampa. For more information about Highwoods, please visit our website at www.highwoods.com.

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