



FOR IMMEDIATE RELEASE

REF: 16-12

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Highwoods to Present at REITWeek: NAREIT's Investor Forum

Live Webcast on Wednesday, June 8, 10:15 AM ET

RALEIGH, NC – June 6, 2016 – Highwoods Properties, Inc. (NYSE:HIW) Ed Fritsch, President and CEO, will participate in a Company roundtable presentation at REITWeek: NAREIT's Investor Forum. The presentation will take place on Wednesday, June 8, at 10:15 a.m. Eastern time and will last approximately 30 minutes.

The presentation will be webcast and made available in the "Investors" section of the Company's website at www.highwoods.com.

About Highwoods

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

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