

**FOR IMMEDIATE RELEASE**

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## Highwoods to Release 2018 Fourth Quarter Results Tuesday, February 5<sup>th</sup>

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### Conference Call Wednesday, February 6<sup>th</sup>, at 11:00 A.M.

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**RALEIGH, NC – January 8, 2019 – Highwoods Properties, Inc. (NYSE:HIW)** will release its 2018 fourth quarter results on Tuesday, February 5<sup>th</sup>, after the market closes.

A conference call will be held the next day, Wednesday, February 6<sup>th</sup>, at 11:00 A.M. Eastern time.

For US/Canada callers, dial (800) 756-3565. A live, listen-only webcast can be accessed through the Company's website at [www.highwoods.com](http://www.highwoods.com) under the "Investors" section. A replay of the call will also be available on the Company's website.

#### Planned Dates for Financial Releases and Conference Calls in 2019

The Company has set the following dates for the release of its 2019 financial results. Quarterly financial releases will be distributed after the market closes and conference calls will be held at 11:00 a.m. Eastern time.

| Quarter | Tuesday Release | Wednesday Call |
|---------|-----------------|----------------|
| First   | April 23        | April 24       |
| Second  | July 23         | July 24        |
| Third   | October 22      | October 23     |

#### About Highwoods

Highwoods Properties, Inc., headquartered in Raleigh, is a publicly-traded (NYSE:HIW) real estate investment trust ("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, Memphis, Nashville, Orlando, Pittsburgh, Raleigh, Richmond and Tampa. For more information about Highwoods, please visit our website at [www.highwoods.com](http://www.highwoods.com).

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