

FOR IMMEDIATE RELEASE

Ref: 19-08

Contact: Brendan Maiorana
Senior Vice President, Finance and Investor Relations
919-431-1529

Highwoods to Release 2019 First Quarter Results Tuesday, April 23rd

Conference Call Wednesday, April 24th, at 11:00 A.M.

RALEIGH, NC – March 28, 2019 – Highwoods Properties, Inc. (NYSE:HIW) will release its 2019 first quarter results on Tuesday, April 23rd, after the market closes.

A conference call will be held the next day, Wednesday, April 24th, 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 under the "Investors" section. A replay of the call will also be available on the Company's website.

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.

###

