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Highwoods to Release First Quarter 2022 Results Tuesday, April 26th

Conference Call Wednesday, April 27th, at 11:00 A.M.

RALEIGH, NC – March 29, 2022 – Highwoods Properties, Inc. (NYSE:HIW) will release its first quarter 2022 results on Tuesday, April 26th, after the market closes.

A conference call will be held the next day, Wednesday, April 27th, 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. 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, Charlotte, Nashville, Orlando, Pittsburgh, Raleigh, Richmond and Tampa. For more information about Highwoods, please visit our website at www.highwoods.com.

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