



H&R ANNOUNCES DATE OF SECOND QUARTER 2016 EARNINGS RELEASE, CONFERENCE CALL AND WEBCAST

Toronto, Ontario, July 26, 2016 - H&R Real Estate Investment Trust (“H&R REIT” or the “REIT”) and H&R Finance Trust (collectively, “H&R”) (TSX: HR.UN; HR.DB.D; HR.DB.E and HR.DB.H) today announced that it will release its financial results for the three and six months ended June 30, 2016 on Tuesday, August 9, 2016. Management will host a conference call to discuss the financial results for H&R on Wednesday, August 10, 2016 at 8:30 a.m. Eastern Time.

Conference Call

Participants can join the call by dialing 1-888-231-8191 or 647-427-7450. For those unable to participate in the conference call at the scheduled time, it will be archived for replay beginning approximately one hour following completion of the call. To access the archived conference call by telephone, dial 416-849-0833 or 1-855-859-2056 and enter the passcode 54509267 followed by the pound key. The telephone replay will be available until Wednesday, August 17, 2016 at midnight.

Webcast

A live audio webcast will be available through <http://hr-reit.com/Investor-Relations/InvestorEvents.aspx> or <http://bit.ly/29S8hQP>. Please connect at least 15 minutes prior to the conference call to ensure adequate time for any software download that may be required to join the webcast. The webcast will be archived on the Company’s website following the call date.

About H&R REIT and H&R Finance Trust

H&R REIT is Canada’s largest diversified real estate investment trust with total assets of approximately \$14.6 billion as at March 31, 2016. H&R REIT is a fully internalized real estate investment trust and has ownership interests in a North American portfolio of high quality office, retail, industrial and residential properties comprising over 47 million square feet.

H&R Finance Trust is an unincorporated investment trust, which primarily invests in notes issued by a U.S. corporation which is a subsidiary of H&R REIT. The current note receivable balance is U.S. \$220.4 million. In 2008, H&R REIT completed an internal reorganization which resulted in each issued and outstanding H&R REIT unit trading together with a unit of H&R Finance Trust as a “Stapled Unit” on the Toronto Stock Exchange.

Additional information regarding H&R REIT is available at www.hr-reit.com and on www.sedar.com.

For more information:

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