

Cominar Real Estate Investment Trust to Announce its Third Quarter Results on November 8, 2019

Québec City, October 8, 2019 — Cominar Real Estate Investment Trust (“Cominar” or the “REIT”) (**TSX: CUF.UN**) announced today that it will release its financial results for the third quarter ended September 30, 2019 on **Friday, November 8, 2019**.

Management will also hold a conference call on the same day at 11:00 a.m. (EST) to discuss the REIT’s financial results and performance. Presentation materials will be made available on the REIT’s website at www.cominar.com prior to the call.

To take part in the conference call, please dial **1 888 390-0546** in five minutes prior to the start of the call.

For those unable to participate, a recorded version of the conference will be available from Friday, November 8, 2019 at 2:00 p.m. to Friday, November 15, 2019 at 11:59 p.m. by dialing **1 888 390-0541** followed by the code **464278 #**.

PROFILE AS AT OCTOBER 8, 2019

Cominar is one of the largest diversified real estate investment trusts in Canada and is the largest commercial property owner in the Province of Québec. Our portfolio consists of 331 high-quality office, retail and industrial properties, totalling 36.5 million square feet located in the Montreal, Québec City and Ottawa areas. Cominar’s primary objective is to maximize total return to unitholders by way of tax-efficient distributions and maximizing the unit value through the proactive management of our portfolio.

- 30 -

FOR INFORMATION:

Sylvain Cossette, President and Chief Executive Officer
Heather C. Kirk, Executive Vice-President and Chief Financial Officer
Tel: (418) 681-8151
sylvain.cossette@cominar.com
heather.kirk@cominar.com