DENVER, Aug. 08, 2016 (GLOBE NEWSWIRE) -- U.S. Energy Corp. (NASDAQ:USEG) today announced that its management will be presenting at the following leading industry conference:

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| Event: | The EnerCom Oil & Gas Conference 21 |
| Location: | The Westin Denver Downtown<br>1672 Lawrence Street<br>Denver, Colorado 80202<br>Telephone: 1-303-572-9100 |
| Date: | Wednesday, August 17, 2016<br>The presentation will take place in Confluence Room C at 1:55 PM MDT. |

Conference Website: www.theoilandgasconference.com

Conference Webcast: www.theoilandgasconference.com/togc-webcast/useg

Use the link on U.S. Energy Corp.’s home page at www.usnrg.com to view accompanying event presentation material on the date of the event.

About U.S. Energy Corp.

U.S. Energy Corp. is a natural resource exploration and development company, which has been in business over 50 years. The Company’s primary focus is on the exploration and development of its oil and gas assets. The Company is headquartered in Denver, Colorado and is a Wyoming corporation. The Company trades on the Nasdaq Capital Market under the symbol "USEG".

For further information, please contact:

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