

FORT WORTH, Texas, Feb. 23, 2017 (GLOBE NEWSWIRE) -- [Approach Resources Inc.](#) (NASDAQ:AREX) today announced plans to release fourth quarter and full year 2016 operational and financial results after the close of trading on Thursday, March 9, 2017. Management will host a conference call on Friday, March 10, 2017, at 9:00 AM CT (10:00 AM ET) to discuss fourth quarter and full-year 2016 operational and financial results.

The conference call may be accessed via the Company's website at [www.approachresources.com](http://www.approachresources.com) or by phone:

Participant Toll-Free Dial-In Number: (844) 884-9950  
Participant International Dial-In Number: (661) 378-9660  
Conference ID: 70306606

A replay of the call will be available on the Company's website or by dialing:

Replay Toll-Free: (855) 859-2056  
Replay International: (404) 537-3406  
Conference ID: 70306606

About Approach Resources:

Approach Resources Inc. is an independent energy company focused on the exploration, development, production and acquisition of unconventional oil and gas reserves in the Midland Basin of the greater Permian Basin in West Texas. For more information about the Company, please visit [www.approachresources.com](http://www.approachresources.com). Please note that the Company routinely posts important information about the Company under the Investor Relations section of its website.

INVESTOR CONTACT

Suzanne Ogle  
Vice President Investor Relations & Corporate Communication  
[ir@approachresources.com](mailto:ir@approachresources.com)  
817.989.9000