

For Immediate Release  
June 16, 2016

### **Approach Resources Inc. to Participate in Upcoming Conferences**

**Fort Worth, Texas, June 16, 2016** – Approach Resources Inc. (**NASDAQ: AREX**) today announced that the Company will participate in one-on-one investor meetings at the Wells Fargo West Coast Energy Conference on Tuesday, June 21, 2016.

Additionally, the Company will participate in EnerCom's The Oil & Gas Conference® 21. Approach's Chairman, Chief Executive Officer and President J. Ross Craft is scheduled to present on Tuesday, August 16 at 2:20 p.m. MT. The live presentation will be webcast and will be accessible through the Investor Relations section of the Company's website at [www.approachresources.com](http://www.approachresources.com). The slide presentation for this event will also be available through the website.

### **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.

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