

For Immediate Release

**Sterling Office and Industrial Trust
Announces Change to the Annual Meeting**

Company Release – June 3, 2020

FARGO, NORTH DAKOTA – Due to the public health impact of the coronavirus outbreak (COVID-19) and to support the wellbeing of our investors, employees, and our community, the Board of Trustees has changed the location of the Sterling Office and Industrial Trust Annual Meeting. The meeting will be hosted in a virtual format, utilizing remote communications only. Investors will not be able to attend the Annual Meeting in person. The meeting will continue to be held on June 24, 2020 at 6:00 p.m. Central Time.

Details regarding access to the virtual meeting have been distributed via mail to investors of record at the close of business on the record date of April 15, 2020. Investors that have not received this communication by June 10, 2020 should reach out to the Investor Relations and Communications Coordinator at (701) 205-1146.

ABOUT STERLING OFFICE AND INDUSTRIAL TRUST

Sterling Office and Industrial Trust is a registered, but unincorporated business trust formed in North Dakota to invest in primarily office and industrial buildings. The Trust operates as an Umbrella Partnership Real Estate Investment Trust and holds all of its assets through Sterling Office and Industrial Properties, LLLP, which the Trust controls as general partner. For more company information, visit our website at www.soitrust.com.

Cellina Rufty
Investor Relations and Communications Coordinator
For Additional Information
1711 Gold Drive South, Suite 100
Fargo, ND 58103
(701) 205-1146