Paramount Resources Ltd.

Paramount Resources Ltd. Annual General Meeting of Shareholders to be Webcast

CALGARY, May 7, 2019 /CNW/ - Paramount Resources Ltd. (TSX:POU) ("Paramount") announces that it will be webcasting the Annual General Meeting of shareholders to be held at The Hudson, 6th Floor, 200 – 8th Avenue SW, Calgary, Alberta, at 10:30 AM MDT on Wednesday, May 8, 2019. To listen to the meeting and view the presentation, please go to the link to the webcast on Paramount's website at:

http://www.paramountres.com/investor-relations/webcasts-and-latest-presentation

The webcast will also be available at the following internet address:

https://event.on24.com/wcc/r/1980371/3B7CCC0C8C115E7AEA8EFED7DE3F33C4

The webcast will be available on Paramount's website and at the internet address above for a period of time following the meeting.

Paramount is an independent, publicly traded, liquids-focused Canadian energy company that explores for and develops both conventional and unconventional petroleum and natural gas resources, including long-term strategic exploration and pre-development plays, and holds a portfolio of investments in other entities. The Company's principal properties are located in Alberta and British Columbia. Paramount's Class A common shares are listed on the Toronto Stock Exchange under the symbol "POU".

SOURCE Paramount Resources Ltd.

For further information: Paramount Resources Ltd., J.H.T. (Jim) Riddell, Chairman and President & Chief Executive Officer, B.K. (Bernie) Lee, Executive Vice President, Finance and Chief Financial Officer, Rodrigo (Rod) Sousa, Vice President, Corporate Development and Planning, Phone: (403) 290-3600

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https://paramount.mediaroom.com/2019-05-07-Paramount-Resources-Ltd-Annual-General-Meeting-of-Shareholders-to-be-Webcast