



August 1, 2016

CareTrust REIT Schedules Second Quarter 2016 Earnings Call for Tuesday, August 9, 2016

SAN CLEMENTE, Calif., Aug. 01, 2016 (GLOBE NEWSWIRE) -- CareTrust REIT, Inc. (Nasdaq:CTRE) announced today that it plans to issue its second quarter 2016 financial results after the market closes on Monday, August 8, 2016. Representatives of CareTrust's management team will host a call to discuss the results the following day.

Conference Call

CareTrust invites current and prospective investors to tune in to its call and webcast on Tuesday, August 9, 2016 at 1:00 p.m. Eastern Time, during which CareTrust's management team will discuss the company's second quarter 2016 performance and other current matters.

To listen to the webcast, or to view any financial or other statistical information required by SEC Regulation G, please visit the Investors section of the CareTrust website at <http://investor.caretrustreit.com/>. The webcast will be recorded, and will be available for replay via the website for one year following the call.

About CareTrustTM

CareTrust REIT, Inc. is a self-administered, publicly-traded real estate investment trust engaged in the ownership, acquisition and leasing of seniors housing and healthcare-related properties. With 145 net-leased healthcare properties and 3 operated seniors housing properties in 20 states, CareTrust pursues opportunities across the nation to acquire properties that will be leased to a diverse group of local, regional and national seniors housing operators, healthcare services providers, and other healthcare-related businesses. More information about CareTrust is available at www.caretrustreit.com.

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