

FRONSAC REAL ESTATE INVESTMENT TRUST

PRESS RELEASE

FOR IMMEDIATE RELEASE

March 31st, 2016

FRONSAC REIT ANNOUNCES A CHANGE TO THE BOARD OF TRUSTEES

Baie D'Urfé (Quebec) - (TSX-V: GAZ.UN) Fronsac Real Estate Investment Trust ("Fronsac REIT" or "Fronsac") today announced that Guy P. Dancosse and François-Olivier Laplante have been appointed to the Fronsac board of trustees. We are pleased to welcome these new trustees to our team and believe that these additions to the board will compliment existing talent and provide added guidance and experience as we continue to grow.

Guy P. Dancosse has an extensive experience in arbitration, negotiation and mediation, nationally and internationally, in many areas of business and the public sector. He has appeared before Courts of all jurisdictions in Canada and has acted as Counsel in Commercial Arbitration, both nationally and internationally. He has undergone post-graduate training in mediation and arbitration at Harvard University and at Rotman School of Management. He is currently a partner at Lapointe Rosenstein Marchard, Melançon s.e.n.c.r.l., a member of the board of directors of the Royal Canadian Mint, Abattis Bioceuticals Corp. and a member of the Canadian Arbitration Committee of the International Court of Commerce (Paris).

François-Olivier Laplante is the President of Les Investissements Folco Inc. and Folco Capital Inc., both private companies that manage a broad variety of investments with a focus on real estate assets. Prior to starting Folco Capital Inc., he was a Vice President, Director and Chief Negotiator at Desjardins Securities, a financial institution with more than \$250 billion in assets. At Desjardins he was responsible for the management of the firms liability position covering a variety of REITs and other industries alike.

About Fronsac - Fronsac Real Estate Investment Trust is an open-ended trust that acquires and owns high quality commercial real estate properties situated along highways or frequently travelled routes, rented to strong tenants under long term, management free and net leases. These properties are occupied by tenants within the following sectors; (1) Fast food chains, (2) Major oil/gas companies and (3) Convenience store chains.

Forward-Looking Statements - This press release contains forward-looking statements and information as defined by applicable securities laws. Fronsac warns the reader that actual events may differ materially from current expectations due to known and unknown risks, uncertainties and other factors that could cause actual results to differ materially from the results anticipated in such statements. Among these include the risks related to economic conditions, the risks associated with the local real estate market, the dependence to the financial condition of tenants, the uncertainties related to real estate activities, the changes in interest rates, the availability of financing in the form of debt or equity, the effects related to the adoption of new standards, as well as other risks and factors described from time to time in the documents filed by Fronsac with securities regulators, including the management report. Fronsac does not update or modify its forward-looking statements even if future events occur or for any other reason, unless required by law or any regulatory authority.

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