

Paramount Resources Ltd.

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

CALGARY, ALBERTA - May 2, 2016 /CNW/ -Paramount Resources Ltd. (TSX:POU) ("Paramount") announces that it will be webcasting the annual general meeting of its shareholders to be held in the Conference Center at Centrium Place, 332 - 6th Avenue S.W., Calgary, Alberta, at 10:30 a.m. (Calgary time) Wednesday, May 4, 2016. To listen to the annual general meeting and view the presentation to be provided at the meeting, please go to the link to the webcast on Paramount's website at www.paramountres.com.

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

<http://www.gowebcasting.com/7495>

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 a Canadian oil and natural gas exploration, development and production company with operations focused in Western Canada. Paramount's common shares are listed on the Toronto Stock Exchange under the symbol "POU".

For further information: Paramount Resources Ltd., C.H. (Clay) Riddell, Executive Chairman, or J.H.T. (Jim) Riddell, President and Chief Executive Officer, (403) 290-3600, (403) 262-7994 (FAX), www.paramountres.com

<https://stage.mediaroom.com/paramount/news-releases?item=122488>