

For Immediate Release
Sterling Real Estate Trust
Announces Dividend and Distribution

Company Release – September 30, 2015

FARGO, NORTH DAKOTA – Sterling Real Estate Trust (Sterling) announced on September 24, 2015, its Board of Trustees approved a third quarter 2015 dividend of \$0.2325 per share to shareholders of record as of September 30, 2015. This dividend will be paid on October 15, 2015.

Sterling's Board of Trustees, acting as general partner of Sterling Properties, LLLP, also approved a distribution of \$0.2325 per unit to Limited Partnership unitholders of record as of September 30, 2015. This distribution will be paid on October 15, 2015.

This is the 51st consecutive quarterly dividend, and 50th consecutive distribution, paid by Sterling and equates to a 6.0% annual yield for shareholders given Sterling's current share price.

ABOUT STERLING REAL ESTATE TRUST

Sterling Real Estate Trust is a registered, but unincorporated business trust formed in North Dakota to invest in multi-family dwellings (such as apartment buildings) and commercial properties (such as retail, office and medical). Sterling operates as an Umbrella Partnership Real Estate Investment Trust, and holds all of its assets through Sterling Properties, LLLP, which Sterling controls as general partner. For more company information, visit Sterling Real Estate Trust's website at www.sretrust.com or www.sec.gov.

Sterling Real Estate Trust

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