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FOR IMMEDIATE RELEASE

## **Capital Senior Living Corporation Grants President and CEO Kimberly S. Lody Inducement Awards Pursuant to NYSE Rule 303A.08**

DALLAS – (GLOBE NEWSWIRE) – January 9, 2019 – Capital Senior Living Corporation (the “Company”) (NYSE: CSU), one of the nation’s largest operators of senior housing communities, today announced that Kimberly S. Lody has received certain equity awards, effective January 7, 2019 (the “Grant Date”), pursuant to the previously-announced employment agreement between the Company and Ms. Lody and as a material inducement to Ms. Lody’s employment as the Company’s President and CEO.

The inducement awards made to Ms. Lody consist of the following: (i) a non-qualified stock option (“NSO”) to purchase 147,239 shares of the Company’s common stock at an exercise price of \$7.46 per share (the closing price of Capital Senior’s common stock on the Grant Date) with a ten-year term, which NSO is scheduled to vest in installments of 33%, 33% and 34% on the first, second, and third anniversaries of the Grant Date, respectively; (ii) up to 368,098 shares of performance-based restricted stock (the “Performance Shares”), the vesting of which is subject to the satisfaction of certain performance conditions related to the trading price of the Company’s common stock during the three year period following the Grant Date (consisting of 147,239 shares that vest upon achievement of the target performance objective and an additional 220,859 shares that are issuable upon achievement of the maximum performance objective); and (iii) 73,620 shares of time-based restricted stock (the “Restricted Shares”), which are scheduled to vest in installments of 33%, 33% and 34% on the first, second, and third anniversaries of the Grant Date, respectively. The NSO, Performance Shares and Restricted Shares are subject to the vesting and forfeiture provisions set forth in the applicable award agreements governing such awards in substantially the forms previously filed by the Company with the Securities and Exchange Commission on Form 8-K on January 8, 2019.

The NSO, Performance Shares and Restricted Shares were all granted outside of the 2007 Omnibus Stock and Incentive Plan For Capital Senior Living Corporation, as amended, and were approved by the independent members of the Compensation Committee of the Company’s Board of Directors in reliance on the employment inducement exemption under the NYSE’s Listed Company Manual Rule 303A.08. The Company is issuing this press release pursuant to the requirements of such rule.

### **About the Company**

Capital Senior Living Corporation is one of the nation’s largest operators of residential communities for senior adults. The Company’s operating strategy is to provide value to residents by providing quality senior housing services at reasonable prices. The Company’s communities emphasize a continuum of care, which integrates independent living, assisted living, and memory care services, to provide residents the opportunity to age in place. The Company operates 129 senior housing communities in geographically concentrated regions with an aggregate capacity of approximately 16,500 residents.

For information about Capital Senior Living Corporation, visit <http://www.capitalsenior.com>.

Contact Carey P. Hendrickson, Chief Financial Officer, at 972-770-5600 for more information.