



TSAKOS ENERGY NAVIGATION (TEN)

Tsakos Energy Navigation Ltd. (TEN) To Host an Investor and Analyst Luncheon in New York City on Wednesday, April 3, 2019 at 12:00 PM EST

New York, March 28, 2019 – Tsakos Energy Navigation Ltd. (“TEN”), (NYSE: TNP) announced today that it will host an Investor and Analyst Luncheon on Wednesday, April 3, 2019 at 12:00 PM EST in New York City.

Mr. Nikolas Tsakos, the Company’s President and Chief Executive Officer, and Chairman of INTERTANKO from 2014 – 2018, will make a presentation on the Global Energy and Oil Markets and on Tsakos Energy Navigation’s Development and Prospects.

A pdf copy of the slide presentation used on that day will also be available under the Investor Relations section of Tsakos Energy Navigation’s website at www.tenn.gr.

About Tsakos Energy Navigation

TEN, founded in 1993 and celebrating this year 26 years as a public company, is one of the first and most established public shipping companies in the world. TEN’s diversified energy fleet currently consists of 68 double-hull vessels, including two aframax and two suezmax tankers under construction, constituting a mix of crude tankers, product tankers and LNG carriers, totalling 7.5 million dwt. Of the proforma fleet today, 48 vessels trade in crude, 15 in products, three are shuttle tankers and two are LNG carriers.

Institutional investors and analysts interested to attend, please contact Capital Link as below.

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