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P R E S S R E L E A S E

RCM TECHNOLOGIES, INC. ANNOUNCES CONFERENCE CALL

Pennsauken, NJ – March 4, 2010 -- RCM Technologies, Inc. (NASDAQ: RCMT) will hold a conference call on Thursday, March 11, 2010 at 10:00 a.m. Eastern time to discuss the financial results for the three months and year ended January 2, 2010. The teleconference dial-in numbers are (888) 632-5950 for domestic callers and (713) 481-1320 for international callers.

About RCM

RCM Technologies, Inc. is a premier provider of business and technology solutions designed to enhance and maximize the operational performance of its customers through the adaptation and deployment of advanced *information technology and engineering services*. RCM has been an innovative leader in the design, development and delivery of these solutions to commercial and government sectors for more than 35 years. RCM's offices are located in major metropolitan centers throughout North America. Additional information can be found at www.rcmt.com.

The Statements contained in this release that are not purely historical are forward-looking statements within the Private Securities Litigation Reform Act of 1995 and are subject to various risks, uncertainties and other factors that could cause the Company's actual results, performance or achievements to differ materially from those expressed or implied by such forward-looking statements. Forward looking statements include, but are not limited to, those relating to demand for the Company's services, expected demand for our services and expectations regarding our revenues, the Company's ability to continue to utilize goodwill, to continue to increase gross margins, to achieve and manage growth, to develop and market new applications and services, risks relating to the acquisition and integration of acquired businesses, demand for new services and applications, timing of demand for services, industry strength and competition and general economic factors. Investors are directed to consider such risks, uncertainties and other factors described in documents filed by the Company with the Securities and Exchange Commission.

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