



NEWS RELEASE

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CTG ANNOUNCES AVAILABILITY OF 2008 ANNUAL MEETING PRESENTATION

BUFFALO, N.Y. — May 7, 2008 — CTG (NASDAQ: CTGX), an international information technology (IT) solutions and staffing company, today announced that it will post management's presentation to be given at its annual meeting of shareholders on the Company's web site at <http://www.ctg.com> on Wednesday May 14, 2008 at 10:00 AM Eastern Time. The Company's annual meeting will begin at that time at its corporate headquarters in Buffalo, New York. The presentation will focus on CTG's business strategy and its financial results in 2007 and the first quarter of 2008 as well as the outlook for the remainder of 2008. The presentation will be archived in the investors section of the Company's web site for 60 days following the meeting.

Backed by over 40 years' experience, CTG provides IT solutions and staffing to help Global 2000 clients focus on their core businesses and use IT as a competitive advantage to excel in their markets. CTG combines in-depth understanding of our clients' businesses with a full range of integrated services and proprietary ISO 9001:2000-certified service methodologies. Our IT professionals based in an international network of offices in North America and Europe have a proven track record of delivering high-value, industry-specific solutions. More information about CTG is available on the Web at www.ctg.com.

Safe Harbor Statement

The above-referenced presentation will contain certain forward-looking statements concerning the Company's current expectations as to future growth. These statements are based upon a review of industry reports, current business conditions in the areas where the Company does business, the availability of qualified professional staff, the demand for the Company's services, and other factors that involve risk and uncertainty. As such, actual results may differ materially in response to a change in such factors. Such forward-looking statements should be read in conjunction with the Company's disclosures set forth in the Company's 2007 Form 10-K and Management's Discussion and Analysis section of the Company's 2007 annual report, which are incorporated by reference. The Company assumes no obligation to update the forward-looking information contained in this release.

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Today's news release, along with CTG news releases for the past year, is available on the Web at www.ctg.com.