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SECURITIES AND EXCHANGE COMMISSION  
WASHINGTON, D.C. 20549

**FORM 8-K**

CURRENT REPORT  
PURSUANT TO SECTION 13 OR 15(d) OF THE  
SECURITIES EXCHANGE ACT OF 1934

Date of report (Date of earliest event reported): **July 20, 2016**

**Strategic Environmental & Energy Resources, Inc.**

(Exact Name of Registrant as Specified in Charter)

**NEVADA**  
(State or Other Jurisdiction  
of Incorporation)

**000-54987**  
Commission File Number

**02-0565834**  
(IRS Employer Identification No.)

**751 Pine Ridge Road, Golden, Colorado 80403**  
(Address of principal executive offices)

Registrant's telephone number, including area code: **(720)-460-3522**

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

- Written communications pursuant to Rule 425 under the Securities Act
  - Soliciting material pursuant to Rule 14a-12 under the Exchange Act
  - Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act
  - Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act
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**Item 7.01. Regulation FD Disclosure.**

Strategic Environmental & Energy Resources, Inc. (SENR) today announced that it will report financial results for the quarter ended June 30, 2016 on Thursday August 11, 2016 at 11:30 AM EST. Management will host a conference call at 11:30 AM Eastern Time to discuss the results with the investment community.

The full text of the press release issued in connection with the announcement is furnished as Exhibit 99.1 to this Current Report on Form 8-K.

The information in this Current Report on Form 8-K (including Exhibit 99.1) shall not be deemed “filed” for purposes of Section 18 of the Securities Exchange Act of 1934 (the “Exchange Act”) or otherwise subject to the liabilities of that section, nor shall it be deemed incorporated by reference in any filing under the Securities Act of 1933 or the Exchange Act, except as expressly set forth by specific reference in such a filing.

**Item 9.01. Financial Statements and Exhibits**

**(d) Exhibits**

99.1 [Press Release dated July 20, 2016](#)

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**SIGNATURES**

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

**Strategic Environmental & Energy Resources, Inc**

Date: July 20, 2016

By: /s/ J. John Combs III

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J. John Combs III

Chief Executive Officer

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**Strategic Environmental & Energy Resources to Host Second Quarter 2016 Conference Call on Thursday, August 11, 2016 at 11:30 a.m. ET**

GOLDEN, Colo., July 20, 2016 -- Strategic Environmental & Energy Resources, Inc. (SEER) (OTCQB: SENR), a provider of environmental, renewable fuels and industrial waste stream management services, will hold a conference call on Thursday, August 11, 2016 at 11:30 a.m. Eastern time to discuss its financial results for the second quarter ended June 30, 2016. Financial results will be issued in a press release prior to the call.

Strategic Environmental & Energy Resources Chairman and CEO John Combs and CFO Monty Lamirato will host the conference call, followed by a question and answer period.

Date:	Thursday, August 11, 2016
Time:	11:30 a.m. Eastern time (8:30 a.m. Pacific time)
Toll-free dial-in number:	1-888-452-4023
International dial-in number:	1-719-325-2472
Conference ID:	4675086

Please call the conference telephone number 5-10 minutes prior to the start time. An operator will register your name and organization. If you have any difficulty connecting with the conference call, please contact MZ Group at 1-949-491-8235.

The conference call will be broadcast live and available for replay at <http://public.viavid.com/index.php?id=120451> and via the investor relations section of the company's website at [www.seer-corp.com](http://www.seer-corp.com).

A replay of the conference call will be available after 2:30 p.m. Eastern time through September 10, 2016.

Toll-free replay number:	1-877-870-5176
International replay number:	1-858-384-5517
Replay ID:	4675086

**About Strategic Environmental & Energy Resources, Inc.**

Strategic Environmental & Energy Resources, Inc. (SEER) (OTCQB: SENR), identifies, secures, and commercializes patented and proprietary environmental clean technologies in several multibillion dollar sectors (including oil & gas, renewable fuels, and all types of waste management, both solid and gaseous) for the purpose of either destroying/minimizing hazardous waste streams more safely and at lower cost than any competitive alternative, and/or processing the waste for use as a renewable fuel for the benefit of the customers and the environment. SEER has four wholly-owned operating subsidiaries: REGS, LLC; Tactical Cleaning Company, LLC; MV Technologies, LLC and SEER Environmental Materials, LLC; and two majority-owned subsidiaries: Paragon Waste Solutions, LLC; and ReaCH4biogas ("Reach"). For more information about the Company visit: [www.seer-corp.com](http://www.seer-corp.com).

**Investor Relations**

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