

Spaid John L
Form 4
January 31, 2019

FORM 4

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
Spaid John L

2. Issuer Name and Ticker or Trading Symbol
NATIONAL HEALTH INVESTORS INC [NHI]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
222 ROBERT ROSE DRIVE
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
01/30/2019

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
Exec. VP of Finance

MURFREESBORO, TN 37129
(City) (State) (Zip)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
____ Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common Stock	01/30/2019		M		13,333	A	\$ 63.63
Common Stock	01/30/2019		M		13,334	A	\$ 63.63
Common Stock	01/30/2019		M		13,333	A	\$ 74.78
Common Stock	01/30/2019		F		34,556	D	\$ 81.23

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options (Right to Buy)	\$ 63.63	01/30/2019		M	13,333	03/08/2017 03/08/2021		Common Stock	13,333
Stock Options (Right to Buy)	\$ 63.63	01/30/2019		M	13,334	03/08/2018 03/08/2021		Common Stock	13,334
Stock Options (Right to Buy) - 2-22-17 exp 2-22-22	\$ 74.78	01/30/2019		M	13,333	02/22/2017 02/22/2022		Common Stock	13,333
Stock Options (Right to Buy) 2-22-18 Exp 2-22-22	\$ 74.78					02/22/2018 02/22/2022		Common Stock	13,333
Stock Options (Right to Buy) 2-22-19 exp 2-22-22	\$ 74.78					02/22/2019 02/22/2022		Common Stock	13,334

Stock Options (Right to Buy) 2-20-18	\$ 64.33	02/20/2018	02/20/2023	Common Stock	14,166
Stock Options (Right to Buy) 2-20-18	\$ 64.33	02/20/2019	02/20/2023	Common Stock	14,166
Stock Options (Right to Buy) 2-20-18	\$ 64.33	02/20/2020	02/20/2023	Common Stock	14,168

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Spaid John L 222 ROBERT ROSE DRIVE MURFREESBORO, TN 37129			Exec. VP of Finance	

Signatures

/s/Kimberly Ouimet, by limited power of attorney for Mr. Spaid 01/30/2019

**Signature of Reporting Person Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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