

## Section 1: 8-K (8-K ITEM 8.01 PRESS RELEASE)

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):  
May 13, 2019 (May 10, 2019)

**NATIONAL HEALTH INVESTORS, INC.**  
(Exact name of registrant as specified in its charter)

**Maryland**  
(State or other jurisdiction  
of incorporation)

**001-10822**  
(Commission  
File Number)

**62-1470956**  
(IRS Employer  
Identification No.)

222 Robert Rose Drive, Murfreesboro, TN 37129  
(Address of principal executive offices)

(615) 890-9100  
(Registrant's telephone number, including area code)

Not Applicable  
(Former name, former address and former fiscal year,  
if changed since last report)

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 (see General Instruction A.2. below):

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
- Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
- Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Indicate by check mark whether the registrant is an emerging growth company as defined in Rule 405 of the Securities Act of 1933 (§230.405 of this chapter) or Rule 12b-2 of the Securities Exchange Act of 1934 (§240.12b-2 of this chapter). Emerging growth company

If an emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition period for complying with any new or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act.

Securities registered pursuant to Section 12(b) of the Act:

<u>Title of each Class</u>	<u>Trading Symbol(s)</u>	<u>Name of each exchange on which registered</u>
Common Stock, \$0.01 par value	NHI	New York Stock Exchange



## Item 8.01. Other Events.

On May 10, 2019, National Health Investors issued a press release announcing that members of its senior management team will make a presentation to the investment community at the REITWeek 2019 Investor Conference on Thursday, June 6, 2019, from 8:00 a.m. to 8:30 a.m. ET, at the New York Hilton Midtown in New York, NY. The Press Release is attached as Exhibit 99.1 to this Current Report on Form 8-K and is also incorporated by reference herein.

## Item 9.01. Financial Statements and Exhibits.

(d) *Exhibits.*

### Exhibit Index

Number	Exhibit
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99.1	Press Release in HTML format, dated May 7, 2019, titled " <a href="#">NHI to Present at REITWeek 2019 Investor Conference</a> "
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### SIGNATURE

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 thereunto duly authorized.

#### NATIONAL HEALTH INVESTORS, INC.

By: /s/Roger Hopkins  
Name: Roger Hopkins  
Title: Principal Accounting Officer

Date: May 13, 2019

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## Section 2: EX-99.1 (EXHIBIT 99.1 PRESS RELEASE)

Exhibit 99.1



Contact: Roger R. Hopkins, Chief Accounting Officer  
Phone: (615) 890-9100

### NHI to Present at REITWeek 2019 Investor Conference

MURFREESBORO, Tenn. -- (May 10, 2019) -- National Health Investors, Inc. (NYSE: NHI) announced that its President and CEO, Eric Mendelsohn, along with other members of its senior management team, will make a presentation to the investment community at the REITWeek 2019 Investor Conference. NAREIT's Investor Forum will be held at the New York Hilton Midtown in New York, NY. The presentation will take place on Thursday, June 6, 2019, from 8:00 a.m. to 8:30 a.m. ET.

A link to this webcast can be found on the Company's website at [www.nhireit.com](http://www.nhireit.com) as well as <https://reitstream.com/reitweek2019/national-health-investors>. The online replay will begin shortly after the presentation ends and will be available for 90 days.

## About NHI

Incorporated in 1991, National Health Investors, Inc. (NYSE: NHI) is a real estate investment trust specializing in sale-leaseback, joint-venture, mortgage and mezzanine financing of need-driven and discretionary senior housing and medical investments. NHI's portfolio consists of independent, assisted and memory care communities, entrance-fee retirement communities, skilled nursing facilities, medical office buildings and specialty hospitals. For more information, visit [www.nhireit.com](http://www.nhireit.com).

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