

Section 1: 8-K (8-K)

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 : January 9, 2020

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))

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

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.

Item 8.01 Other Events

On January 8, 2020, National Health Investors, Inc. (the "Company") issued a press release announcing the Company will be meeting with institutional investors at Stifel's 2020 Seniors Housing & Healthcare Real Estate Conference on January 22, 2020 at the JW Marriott Desert Springs Resort & Spa in Palm Desert, CA.

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 January 8, 2020, titled " NHI to Participate in the Stifel 2020 Seniors Housing & Healthcare Real Estate Conference "
104	Cover Page Interactive Data File (formatted as inline XBRL and contained in Exhibit 101).

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/John L. Spaid
Name: John L. Spaid
Title: Principal Financial Officer

Date: January 9, 2020

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Section 2: EX-99.1 (EXHIBIT 99.1 PRESS RELEASE DATED 01-08-2020)



Exhibit 99.1

Contact: Dana Hambly
Director, Investor Relations
Phone: (615) 890-9100

NHI to Participate in the Stifel 2020 Seniors Housing & Healthcare Real Estate Conference

MURFREESBORO, Tenn.--(January 8, 2020) - National Health Investors (NYSE: NHI) announced that the Company will be meeting with institutional investors at Stifel's 2020 Seniors Housing & Healthcare Real Estate Conference. The conference will take place on January 22, 2020 at the JW Marriott Desert Springs Resort & Spa in Palm Desert, CA. President and CEO, Eric

Mendelsohn, will participate in a panel discussion that day from 1:45 p.m. - 3:00 p.m. PT, titled, “Diversified REITs: Where to Seek Value and Allocate Capital.”

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.

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