



National Health Investors, Inc.

For Release: Sept. 14, 2005
Contact: Gerald Coggin, Senior VP of Corporate Relations
Phone: (615) 890-9100

NHI To Pay 45 Cents Per Share Dividend

MURFREESBORO, Tenn. – National Health Investors, Inc., (NYSE: NHI) announced today that it will pay a quarterly dividend of 45 cents per common share to shareholders of record on Sept. 30 and payable on Nov. 10.

NHI specializes in the financing of health care real estate by first mortgage and by purchase and leaseback transactions. The common stock of the company trades on the New York Stock Exchange with the symbol NHI. Additional information, including NHI's most recent press releases, may be obtained on our web site at www.nhinvestors.com.

Statements in this press release that are not historical facts are forward-looking statements. NHI cautions investors that any forward-looking statements made involve risks and uncertainties and are not guarantees of future performance. All forward-looking statements represent NHI's judgment as of the date of this release.

-30-