

# FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287  
Expires: January 31, 2008  
Estimated average burden  
hours per response.....0.5

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Check this box if no longer  
subject to Section 16. Form 4 or  
Form 5 obligations may continue.  
See Instruction 1(b).

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

1. Name and Address of Reporting Person* Richard F. LaRoche, Jr. 100 Vine Street, Suite 1400 Murfreesboro TN 37130	2. Issuer Name and Ticker or Trading Symbol National Health Investors, Inc. [NHI]	5. Relationship of Reporting Person(s) to Issuer (check all applicable) <input checked="" type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below)
	3. Date of Earliest Transaction Required to be Reported (Month/Day/Year) 02/19/2008	
	4. If amendment, Date Original Filed (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> 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 (mm/dd/yy)	2A. Deemed Execution Date, if any (mm/dd/yy)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, & 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3, & 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock in My Name and My Wife's Name								900	D	
Common Stock by LaRoche Family L.P.	02/19/2008		G		8,100	A	(1)	46,998	I	Family Partnership
Common Stock by Trustee of G.R.A.T.								32,951	I	Trustee
Common Stock by LaRoche Enterprises								460,419	D	
Common Stock by IRA								8,208	D	

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

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

Form 4 (cont.)  
 Name and Address of Reporting Person  
 Richard F. LaRoche, Jr.  
 100 Vine Street, Suite 1400  
 Murfreesboro TN 37130

Issuer Name and Ticker or Trading Symbol  
 National Health Investors, Inc. [NHI]

Period Of Report  
 02/19/2008

**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 (mm/dd/yy)	3A. Deemed Execution Date, if any (mm/dd/yy)	4. Transaction Code (Instr. 8)		5. No. of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, & 5)		6. Date Exercisable and Expiration Date (mm/dd/yy)		7. Title and Amount of Underlying Securities (Instr. 3 & 4)		8. Price of Derivative Security (Instr. 5)	9. No. of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3, & 4)	10. Ownership Form of Derivative Securities: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Option to Purchase Common Stock	\$16.35							04/24/2003	04/23/2008	Common Stock	15,000		15,000	D	
Option to Purchase Common Stock	\$23.90							04/20/2004	04/19/2009	Common Stock	15,000		15,000	D	
Option to Purchase Common Stock	\$26.78							05/03/2005	05/02/2010	Common Stock	15,000		15,000	D	
Option to Purchase Common Stock	\$23.79							05/02/2006	05/01/2011	Common Stock	15,000		15,000	D	
Option to Purchase Common Stock	\$34.25							05/16/2007	05/15/2012	Common Stock	15,000		15,000	D	

Explanation of Responses:

(1) - 8,100 shares were gifted to LaRoche Family L.P. and as such, this transaction has no purchase or sale price.

By: /s/ Richard F. LaRoche, Jr.  
 \*\*Signature of Reporting Person

3/3/2008  
 Date