

NATIONAL HEALTH INVESTORS INC

Form 4

November 22, 2002

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 WASHINGTON, D.C. 20549
 FORM 4

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

1. Name and Address of Reporting Person
 McCabe, Jr., Robert A.
 211 Commerce Street, Suite 300
 Nashville, TN 37201
 USA
2. Issuer Name and Ticker or Trading Symbol
 National Health Investors, Inc.
 NHI
3. IRS or Social Security Number of Reporting Person (Voluntary)
4. Statement for Month/Year
 November 22, 2002
5. If Amendment, Date of Original (Month/Year)
6. Relationship of Reporting Person(s) to Issuer (Check all applicable)
 (X) Director () 10% Owner () Officer (give title below) () Other
 (specify below)
7. Individual or Joint/Group Filing (Check Applicable Line)
 (X) 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	2. Transaction Date	3. Transaction Code	4. Securities Acquired (A) or Disposed of (D) Amount	5. Amount of Securities Beneficially Owned at End of Month Price
Shares of Common Stock (Stock Option Exercise)	11/22/02	S	1,200	\$16.705 2,473

Table II -- Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Derivative Security	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date	4. Transaction Code	5. Number of Derivative Securities Acquired (A) or Disposed of (D) Amount	6. Date Exercisable and Expiration Date Date Expiration Date	7. Title and Amount of Underlying Securities Title and Number of Shares	8. Percentage of Total Underlying Securities of
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Explanation of Responses: