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

(Print or Type Responses)

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

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### STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Respo	nses)		1						I		
1. Name and Addres EPPERSON ST	2. Issuer Name <b>a</b> SALEM MED			0.		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director X 10% Owner					
3780 WILL SCA	(First) ARLET RD	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 05/14/2019					XOfficer (give title below)         Other (specify below)           Chairman of the Board			
WINSTON SAL	4. If Amendment, Date Original Filed(Month/Day/Year)						6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person Form filed by More than One Reporting Person				
(City)	(State)	(Zip)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned								
1.Title of Security (Instr. 3)			2A. Deemed Execution Date, if any (Month/Day/Year)	Code (Instr. 8)	v	(A) or D	or Disposed of (D) r. 3, 4 and 5) (A) or		5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. 7. Nature Ownership Indirect Form: Beneficia Direct (D) Ownershi or Indirect (Instr. 4) (I) (Instr. 4)	
Class A Commo	n Stock	05/14/2019		А		23,810	А	\$0	35,158	D	
Class A Commo	n Stock								2,363,354	D (1)	
Class A Commo	n Stock								1,067,320	Ι	By Children's Trusts (2)

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

Persons who respond to the collection of information contained in this form are not required to respond unle

SEC 1474 (9-02)

contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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

( <i>e.g.</i> , puts, calls, warrants, options, convertible securities)														
Security	Conversion	Date (Month/Day/Year)	3A. Deemed Execution Date, if	4. Transaction Code	5. Nun of Der Sec Acc (A) Dis of ( (Ins	nber ivative urities juired or posed D) tr. 3,	6. Date Exer and Expirati (Month/Day	7. Tit Amo Unde Secu	unt of erlying	Derivative Security (Instr. 5)	Securities Beneficially Owned Following Reported Transaction(s)	Ownership Form of Derivative Security: Direct (D) or Indirect	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code V	,	nd 5)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				

## **Reporting Owners**

	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
EPPERSON STUART W 3780 WILL SCARLET RD WINSTON SALEM, NC 27104	Х	Х	Chairman of the Board				

## Signatures

/s/Christopher J. Henderson, Attorney-in-fact for Stuart W. Epperson pursuant to a continuing Power of Attorney	05/16/2019
**Signature of Reporting Person	Date

# **Explanation of Responses:**

- \* If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Stuart W. Epperson and Nancy A. Epperson, as Joint Tenants.
- (2) Stuart W. Epperson as Trustee of each of the four (4) Epperson Children's Trusts for all purposes other than voting matters.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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