

Item 5.02 Departure of Directors or Certain Officers; Election of Directors; Appointment of Certain Officers; Compensatory Arrangements of Certain Officers.

(b) Christopher R. O'Brien notified Natural Health Trends Corp. (the "Company") on February 22, 2016 that he has decided not to stand for re-election as a director at the Company's 2016 annual meeting of stockholders in order to devote more time to his existing law practice. Mr. O'Brien will continue to serve as a director of the Company through the annual meeting.

SIGNATURES

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 hereunto duly authorized.

Date: February 23, 2016

NATURAL HEALTH TRENDS CORP.

By: /s/ Timothy S. Davidson
Timothy S. Davidson
Senior Vice President and Chief Financial Officer