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Flatt Stephen Fowler	
Form 4	
March 09, 2009	
FORM 4 UNITED STATES SECURITIES AND EXCHANCE COM	OMB APPROVAL
Washington, D.C. 20549	MISSION OMB Number: 3235-0287
Check this box	Expires: January 31,
if no longer subject to STATEMENT OF CHANGES IN BENEFICIAL OWNER	SHIP OF Estimated average 2005
Section 16. SECURITIES	burden hours per
Form 4 or	response 0.5
Form 5 obligations Filed pursuant to Section 16(a) of the Securities Exchange Act obligations Section 17(a) of the Public Utility Holding Company Act of 1024	
may continue Section 17(a) of the Public Officty Holding Company Act of 195.	b or Section
<i>See</i> Instruction 30(h) of the Investment Company Act of 1940 1(b).	
(Print or Type Responses)	
1. Name and Address of Reporting Person * Flatt Stephen Fowler2. Issuer Name and Ticker or Trading Symbol5. Re Issuer	elationship of Reporting Person(s) to
NATIONAL HEALTHCARE CORP	(Check all applicable)
[NHC]	
(Last) (First) (Middle) 3. Date of Earliest Transaction	Director 10% Owner
(Nonul/Day/Tear) helow	Officer (give title Other (specify y) below)
100 VINE STREET, SUITE 1200 03/05/2009	President
(Street) 4. If Amendment, Date Original 6. Ind	dividual or Joint/Group Filing(Check
	cable Line)
E CONTRACTOR OF CONTRACTOR	Form filed by One Reporting Person Form filed by More than One Reporting
MURFREESBORO, TN 37130 $-$ Perso	
(City) (State) (Zip) Table I - Non-Derivative Securities Acquired	, Disposed of, or Beneficially Owned
	nount of 6. Ownership 7. Nature of
Security (Month/Day/Year) Execution Date, if TransactionAcquired (A) or Secur (Instr. 3) any Code Disposed of (D) Benef	ities Form: Direct Indirect ficially (D) or Beneficial
(Instr. 3)anyCodeDisposed of (D)Benef(Month/Day/Year)(Instr. 8)(Instr. 3, 4 and 5)Owned	•
Follow	wing (Instr. 4) (Instr. 4)
(A) Report	
Or (Instr	action(s) . 3 and 4)
Code V Amount (D) Price	
Common $03/05/2009$ M $2,500$ A \$ 55 7,69 Stock (1) A \$ 55 7,69	1 D

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 unless the form displays a currently valid OMB control number.

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

 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of 2. 3. Transaction Date 3A. Deemed 4. 5. Number 6. Date Exercisable and 7. Title and Amount of Derivative Conversion (Month/Day/Year) Execution Date, if Transaction of Derivative Expiration Date **Underlying Securities** (Month/Day/Year) (Instr. 3 and 4) Security or Exercise any Code Securities (Instr. 3) Price of (Month/Day/Year) (Instr. 8) Acquired Derivative (A) or Security Disposed of (D) (Instr. 3, 4, and 5) Amount Date Expiration or Title Exercisable Date Number Code V (A) (D) of Shares Option to Purchase Common Common \$55 03/05/2009 2,500 02/22/2009 03/23/2009 20,000 Μ Stock Stock "Right to Buy"

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Reporting Owners

Reporting Owner Name /	Address	Relationships			
Reporting O when I tunie /	Director	10% Owner	Officer	Other	
Flatt Stephen Fowler 100 VINE STREET, SUI MURFREESBORO, TN 3			President		
Signatures					
Stephen F. Flatt	03/09/2009				
<u>**</u> Signature of	Date				

**Signature of Reporting Person

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) These stock options were granted pursuant to the Company's 2005 Stock Option Plan on February 16, 2007. The grant and exercise of these stock options are exempt from Section 16(b) pursuant to Rule 16b-3(d).

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.