ADAMS ROBERT G										
Form 5										
February 14, 2006							OMB	APPROVAL		
FORM 5) STATES SECU	JRITIES AI	ND EXCI	HAN	GE CC	OMMISSION		3235-0362		
Check this box if		ashington,					Expires:	January 31,		
no longer subject to Section 16.								2005		
Form 4 or Form ANNUAL STATEMENT OF CHANGES IN BENEFICIAL 5 obligations OWNERSHIP OF SECURITIES may continue. OWNERSHIP OF SECURITIES								Estimated average burden hours per response 1.0		
See Instruction 1(b). Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Form 3 Holdings Section 17(a) of the Public Utility Holding Company Act of 1935 or Section Reported Form 4 30(h) of the Investment Company Act of 1940 Transactions Reported										
1. Name and Address of Reportin ADAMS ROBERT G	Symbo	e				5. Relationship of Reporting Person(s) to Issuer				
	[NHC		LIIICAI		OKF	(Check all applicable)				
(Last) (First)	(Month	3. Statement for Issuer's Fiscal Year Ended (Month/Day/Year)					below)			
100 VINE ST., SUITE 140		12003				Pre	esident & CEO	C		
(Street)	4. If A	mendment, Dat	e Original		e	6. Individual or J	oint/Group Ro	eporting		
Filed(Month/Day/Year) (check applicable line)							ne)			
MURFREESBORO, TNÂ	37130									
					-	X_Form Filed by Form Filed by Person				
(City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned										
1.Title of Security2. Transaction Data (Month/Day/Year)(Instr. 3)		3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or			Securities Beneficially Owned at end of Issuer's Fiscal Year (Instr. 3 and	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
61 0			Amount	(D)	Price	4)				
Shares of Common Stock - SARA	Â	Â	Â	Â	Â	354,932	D	Â		
Shares of Common Stock - SJR	Â	G	40,000	D	\$ 0	0	I	Partnership		

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Shares of Common Stock	01/20/2006	Â	J	613	А	\$ 34.22	0 (1)	D	Â
Shares of Common Stock	01/20/2006	Â	G	613	D	\$ 0	0	D	Â

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. SEC 2270 (9-02)

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 (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. 6. Date Exercisable and Number Expiration Date of (Month/Day/Year) Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		e	7. Title and Amoun Underlying Securiti (Instr. 3 and 4)	
					(A) (D)	Date Exercisable	Expiration Date	Title	Amou Numł Share
Employee Stock Option-"Right to Buy"	\$ 20.9	Â	Â	Â	Â	02/22/2009	03/23/2009	Common Stock	200,

Reporting Owners

Reporting Owner Name / Address	Relationships							
1	Director	10% Owner	Officer	Other				
ADAMS ROBERT G 100 VINE ST., SUITE 1400 MURFREESBORO, TN 37130 Signatures		Â	President & CEO	Â				
Robert G. 02/14/2 Adams	006							

<u>**</u>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) Gifted on the next line.
- Â

Remarks:

J: Rule 16b-3(c) acquisition for 2005 Plan Year, pursuant to the NHC Employee Stock PurchaseÂ

Note: File three copies of this Form, one of which must be manually signed. If space provided 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.