Edgar Filing: COGGIN D GERALD - Form 4

COGGIN D C Form 4	GERALD							
January 12, 20	009							
FORM	4 UNITED S	LATES SECUR	ITIES AND EXCHANG	F COMMISSION		APPROVAL		
			hington, D.C. 20549		OMB Number:	3235-0287		
Check this if no longe subject to Section 16 Form 4 or Form 5 obligations may contir <i>See</i> Instruc	Filed pursu s. Filed pursu s. Section 17(a)	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 20(b) of the Investment Company Act of 1040						
1(b).								
(Print or Type Re	esponses)							
1. Name and Ad COGGIN D (ldress of Reporting Pe GERALD	Symbol	Name and Ticker or Trading	5. Relationship of Issuer	Reporting Pe	rson(s) to		
		[NHC]	NAL HEALTHCAKE CO	(Check	(Check all applicable)			
(Last)	(First) (Mi N-MANKIN ROA	(Month/D	-	below)	X Officer (give title Other (specify			
	(Street)	4. If Amer	ndment, Date Original	6. Individual or Jo	-			
MURFREES	BORO, TN 3712	Filed(Mon	th/Day/Year)	Applicable Line) _X_ Form filed by C Form filed by M	One Reporting I	Person		
(City)		7 • \		Person				
		1 4010	e I - Non-Derivative Securities			•		
(Instr. 3) any		Execution Date, if	3. 4. Securities Acqu Transaction(A) or Disposed of Code (Instr. 3, 4 and 5) (Instr. 8) (A) or	f (D) Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
Shares of Common Stock in my name and my spouse's name			Code V Amount (D)	Price (1104110 4114 1) 327,868	D			
Shares of Common Stock				12,136	I	Family Partnership		
Shares of Common Stock				104	Ι	Family Partnership		

Shares of							
Series A					¢		
Convertible	12/30/2008	S	10,000	D	Φ 12 71	263,181	D
Preferred					12./1		
Stock							

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02) 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		4.	5.	6. Date Exercisable and				
Derivative	Conversion	(Month/Day/Year)	Execution Date, if		onNumber	Expiration Date		Underlying Securities		Dei Sec
Security	or Exercise		any	Code	of D · · ·	· · · ·	-		(Instr. 3 and 4)	
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)						(Ins
	Derivative				Securities					
	Security				Acquired	d				
					(A) or Dispased					
					Disposed of (D)	ed				
					(Instr. 3,					
					(insu: 5, 4, and 5)					
					i, and 5)					
						Date	Expiration	Title	Amount or	
						Exercisable	Date	The	Number	
				Code V	(A) (D)				of Shares	
Employee										
Stock	\$ 20.0					00/20/2000	03/23/2009	Common	15,687	
Option -	\$ 20.9					09/28/2008	03/23/2009	Stock	13,087	
"Right to										
Buy"										

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
COGGIN D GERALD			Sr. V.P.,				
1942 DILTON-MANKIN ROAD			Corp				
MURFREESBORO, TN 37127			Relations				
Signatures							
D. Gerald Coggin by Ann S. Benson, POA		01/12/2009					

Date

**Signature of Reporting Person

Reporting Owners

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).

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.