



Advocat to Announce Second Quarter 2010 Financial Results on Monday, August 9, 2010

BRENTWOOD, Tenn., July 27, 2010 (GLOBE NEWSWIRE) -- Advocat Inc. (Nasdaq:AVCA) today announced that it is scheduled to report financial results for its second quarter ended June 30, 2010, on Monday, August 9, 2010, after the market closes.

Advocat will hold a conference call at 10:00 a.m. ET, 9:00 a.m. CT, on Tuesday, August 10, 2010. The call will consist of remarks from management as well as a question and answer session. In addition to the questions posed during the live call, management will also be addressing questions submitted by email. If you would like to submit a question please email it to InvestorRelations@advocatinc.com before the start of the call.

To participate in the Company's conference call, dial (888) 680-0879 (domestic) or (617) 213-4856 (International) and enter passcode 92331959. A live broadcast of the conference call will also be available on the Internet at the Company's web site, www.advocatinc.com, as well as www.earnings.com and www.streetevents.com.

Please use the following link to pre-register and view important information about this conference call. Pre-registering is not mandatory but is recommended as it will provide you immediate entry into the call and will facilitate the timely start of the call. Pre-registration takes only a few minutes and you may pre-register at any time, including up to and after the call start time. To pre-register please go to: <https://www.theconferencingservice.com/prereg/key.process?key=PUWBBVJNH>.

A replay of the conference call will be accessible two hours after its completion through August 17, 2010 by dialing (888) 286-8010 (domestic) or (617) 801-6888 (international) and entering passcode 18572331.

Advocat provides long-term care services to patients in 46 skilled nursing centers containing 5,364 licensed nursing beds, primarily in the Southeast and Southwest. For additional information about the Company, visit Advocat's web site: <http://www.advocatinc.com>.

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