

Dr. Patrick Houser

Greater Life Chiropractic, Doctor of Chiropractic

Age: 28

WHERE WERE YOU BORN?

Forest City, N.C

HOW LONG HAVE YOU LIVED IN CHARLOTTE AREA?

Lived close to Charlotte all my life (Shelby), but 3 years!

TELL US A LITTLE BIT MORE ABOUT YOU?

I was born and raised in N.C. I went to Appalachian State University where I majored in Exercise Science. Upon finishing at Appalachian, I became a Certified Strength and Conditioning Specialist. After a year in that field, I had an amazing experience with a Chiropractor and decided Chiropractic was my passion and where I could leave a lasting impact on my community. I attended Sherman College of Chiropractic and graduated in 2018.

DURING YOUR TIME VOLUNTEERING FOR A COMMUNITY ACTIVITY OR PROJECT, WHAT IS YOUR MOST MEMORABLE MOMENT?

During our annual Thanksgiving drive! We typically wake up every Thanksgiving morning and cook meals for families in need within CMS. Last year we fed 300 families but were a little shorthanded with our volunteers. We divide the work into shifts and in the past, I have done the morning shift which is mostly just frying the turkeys and prepping the sides. However, last year since we were shorthanded, I was needed to help deliver the meals also. Cooking and prepping the meals have always been fun but delivering the meals to the families was a whole difference experience. Seeing the gratitude and joy from the families and children was extremely memorable and will forever be etched in my mind. It was amazing to see how a small sacrifice of time can impact a family's entire day.

IN YOUR OPINION, HOW DO YOU CONTRIBUTE TO THE COMMUNITY? PLEASE BE AS DETAILED AS YOU CAN.

One of my favorite ways of supporting the community is simply shopping local. More so than ever it is particularly important to support our local businesses. Once a month we support a local pregnancy center to allow for pregnant women who normally would not be able to afford care to get complementary care. We also do multiple in office donation drives, currently we are doing a pull up for pull ups drive. Dr. Grant and I are doing pull ups for every diaper that gets donated to the drive. We are currently over 500 pullups! All the

diapers will go to the pregnancy center. We do a bike and scooter drive every year where we partner with CMPD to deliver bikes and scooters to children. Back to school drives for the children who need supplies, in full transparency we did not do that this year because of the uncertainty with schools. However, we did a food drive in its place to allow for people of the community to come and pick-up food as needed, no questions asked. This was because of the ramifications and uncertainty of Covid-19 at the time.

PLEASE LET US KNOW ANY AWARDS OR RECOGNITIONS YOU'VE RECEIVED IN YOUR PROFESSIONAL CAREER:

Working towards my first! Regardless, honored to be nominated.

WHAT ARE YOUR HOBBIES OR INTEREST?

I will try to keep it short! I am an avid reader, I typically read every night. I enjoy weightlifting and all sports. Just about anything related to Sports science or physiology interests me. I love Harry Potter and was sorted into Slytherin house. Love hiking in the beautiful Blue Ridge mountains but also love Spikeball on the beach!

WHAT IS YOUR FAVORITE QUOTE THAT YOU STAND BY?

"How you do anything, is how you do everything"

WHERE DO YOU SEE YOURSELF IN 5 YEARS? 10 YEARS?

In 5 years, I plan to have two fully functioning Chiropractic offices. The first will be a smaller lower overhead office while the second will be the dream office designed to serve the community and a larger and more efficient capacity. At this point in my life I plan to be starting my family as well!

In 10 years, I will have 5 offices up and running spread out through the community to maximize service. The plan is to have two children by then!

CAN YOU SHARE ONE THING THAT IS ON YOUR BUCKET LIST?

Hike the entire Appalachian trail!

WHEN WAS THE LAST TIME YOU USED YOUR PASSPORT?

In January 2020, I took a cruise to Mexico and proposed to my fiancé on an island called "Passion Island".

WHAT IS A FUN FACT ABOUT YOURSELF THAT NO ONE KNOWS?

I read the Twilight books and really enjoyed them.

WHO IS YOUR HERO?

I have many, but right now Andy Frisella

WHAT WAS THE LAST BOOK YOU READ?

75 Hard: A Tactical Guide to Winning the War with Yourself.

WHAT WAS THE LAST MOVIE YOU SAW?

Mulan the live action version!

WHAT WAS THE LAST CONCERT YOU SAW?

Elton John at Bonnaroo