



"Don't get so busy making a living that you forget to make a life" -Dolly Parton

To my patients, colleagues and community supporters of Vitality Physical Therapy,

Please consider this a thank you note in its most personal form. I have been receiving tremendously thoughtful acknowledgements since announcing the closing of VPT. For those of you that may have been seen many moons ago or simply wondering about my next steps, feel free to continue reading. There will be no additional "business/clinic" related updates in this note.

I will put it out there from the start: the business was not struggling. In fact, quite the opposite! Since starting my little 1 woman band, it has done nothing but continue to grow. It actually thrived during the COVID chaos period, survived the shifting sands of 2 Chapel Hill birth center closures and became part of the vivacious landscape in the Raleigh location.

So the question begs, why close the doors?! Why not sell the practice, train a predecessor, reduce hours, hire staff, take a sabbatical???

The goal is to shift into a more nomadic lifestyle with "unstructured" time. My version of clinic obligations and owning a small business is just not conducive to such ambitions. I have come to appreciate that the people seeking VPT care are coming for MY unique toolbox:). It does not feel right to sell it off. I do regret not having the time to mentor a local provider(s) to more seamlessly transfer current patients and perhaps some wisdom.

I've been chasing the women's health physical therapy dream since 1991. I've picked up some pretty cool skills and even more incredible people along the way. It has provided the most joyful platform to launch the next iteration of my life's work. So let's not call this retirement. Rather, let's lean into supporting and serving one another with our unique, beautiful gifts.

Where is my heart and mind these days beyond wrapping up VPT?

1. Volunteering for 5 day Intensive Therapy Programs including Equine Assisted Therapy (Oct'26), Military Veterans with PTSD (Nov'26) and more Dolphin Assisted Therapy (All of July'27).
2. Exploring the concept of being a matriarch with the birth of our first grandchild. It's a GIRL! (Dec'26). Mimi is heading to Michigan for a month - kinda explains the wrap up haste.
3. Collaborating on projects that grab my interest. Do you have any for 2027+?
4. RV Life with a Class B Camper Van Spring 2027; disconnecting to better connect
5. Collecting women's wisdom in any form, on any topic, from any one. My intention is to put together a "guide/resource/reflection" ebook?? Book?? TBD
6. Dispatch *Team Empty Nest* (Mike & I) to chase down our adult kids living in MI, GA and App State
7. FUTURE ME: Running (more), qigong, dusting off my violin, ocean everything, a global citizen

Let me know if you would like to learn more or contribute to any of my musings. A sincere and humble thank you for being part of my VPT Chapter. The world is better with you in it.

- Lori DrLoriPT@gmail.com

930 Martin Luther King Jr. Blvd. Suite 306 Chapel Hill, NC 27514
2011 Falls Valley Drive, Suite 102 Raleigh, NC 27616
vitalitypt.org