



Glencroft University

www.zoelifeonline.com

- Glencroft University is “powered by ZoELife;” a holistic culture of wellbeing designed to maximize individual potential & quality of life.
- The [ZoELife](#) mission is to “pursue vitality through a full, active, & purposeful life.”
- The University is one of many programs that fall under the ZoELife umbrella.
- Glencroft University provides no-cost access to approximately 80 lectures, courses, and interactive learning experiences for residents at the [Glencroft Center for Modern Aging](#) in Glendale, Arizona, where ZoELife was founded.
- Course topics support six ZoELife “pillars” for successful aging and wellbeing: spiritual, physical, emotional, intellectual, social, and vocational.
- Courses cover a broad spectrum of disciplines relevant to aging adults, such as estate planning; fall prevention; navigating Medicare; coping with grief & anxiety; nutrition; hearing loss; dementia; exercise; avoiding scams, improving communication skills; and volunteerism, just to name a few.
- Residents are invited to attend Glencroft University courses a-la-carte, or to commit to a full spectrum of courses required to “graduate.”
- Approximately 40 course topics are offered each semester (Spring & Fall).
- Industry experts lead courses, providing professional advice & instruction.
- Residents may attend in person or watch via livestream (masks and social distancing are required in the classroom).
- Visit zoelifeonline.com to view a current course catalog.

Contact: Steve Heller, Vice President & Director, ZoELife Operations & Glencroft University Chancellor: (623) 939-9475, or sheller@glencroft.com.

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