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*The ZoeLife mission is to pursue vitality through a full, active, and purposeful life.*

## ABOUT PIP GOLF

- The ZoeLife [Parkinson's Immersion Program](#) (PIP) is a holistic rehabilitation and prevention program designed to improve the safety and quality of life for individuals diagnosed with Parkinson's disease.
- Residents of the [Glencroft Center for Modern Aging](#) in Glendale, Ariz. diagnosed with Parkinson's may participate in PIP at no cost.
- PIP Golf is a customized therapeutic golf program designed to improve and delay symptoms associated with Parkinson's disease. It is for residents who want to improve their golf game, manage symptoms, and safely continue golfing.
- The PIP Golf Performance Team includes exercise physiologists with extensive knowledge of golf physiology, PGA-certified golf instructors, speech and physical therapists, and nutritionists who collaborate to maximize individual wellbeing while prolonging the joy of golfing.
- PIP Golf is designed to improve functional movement, balance, strength, flexibility, coordination, posture, conditioning, kinematic golf swing mechanics, nutrition, speech, golfing technique, and alleviate depression.
- Instructors use an indoor virtual reality golf simulator in a safe environment.
- The [Warren Schutte Players Academy](#) provides outdoor golf instruction at [The Wigwam](#), a resort in Phoenix, Arizona.
- PIP Golf participants spend 1-2 hours per day (golfing or other PIP activities) with other residents diagnosed with Parkinson's.
- PIP provides a sense of belonging. It offers daily opportunities to share common experiences and celebrate achievements among friends.
- For more information about the ZoeLife Parkinson's Immersion Program (PIP), and other Glencroft programs, visit our newsroom at [Glencroft.com](#) and select from the fact sheets drop-down menu, or visit [zoelifeonline.com](#).

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## PIP Fast Facts (cont.)

### Parkinson's Facts

- Parkinson's disease is a neurodegenerative disorder, the second most common behind Alzheimer's disease.
- An estimated 1.3 million people in the U.S. will be diagnosed by 2030.
- Parkinson's is not fatal but may cause serious side-effects.
- There is no cure for Parkinson's. Treatment aims to slow progression.
- Most (96 percent) people diagnosed with Parkinson's are age 50 and older.
- Parkinson's disease is caused by genetic and environmental factors.
- There are five stages of Parkinson's, each progressively more debilitating.
- Parkinson's affects an individual's gait and balance, along with a range of motor and non-motor symptoms. Patients have varying levels of ability.
- Motor (movement) symptoms include slowness of movement (bradykinesia), difficulty walking or moving, dizziness/fainting, drooling, stiffness, stooped posture, reduced facial expressions (facial masking), imbalance, tremors, cramped toes/feet (dystonia), and involuntary movements (dyskinesia).
- Non-motor symptoms include impaired smell, cognitive challenges, sleep disorder, constipation, sweating, bladder symptoms, fatigue, sexual dysfunction, pain, tingling, lightheadedness, anxiety, isolation, and depression.

### About Zoelife

- Zoelife was founded in 2019 at the Glencroft Center for Modern Aging (CFMA).
- Zoelife is a culture of successful aging practices centered around a holistic approach to the wellbeing of body, mind, and spirit.
- Zoe is a biblical word with Greek origin meaning "life" or "vitality."
- Zoelife focuses on six pillars of wellbeing: spiritual, physical, emotional, social, intellectual, and vocational.
- Residents of Zoelife senior living communities are provided with opportunities to maximize their quality of life by embracing Zoelife at no additional cost.
- For more information, contact Vice President, Director of Zoelife Operations Steve Heller, (623) 847-3120, [sheller@glencroft.com](mailto:sheller@glencroft.com), or [info@glencroft.com](mailto:info@glencroft.com).

### Social Media

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