



SCSC WELLNESS LIVE

Powered by CILC

A fully managed year-round live wellness series for schools & district teams.

SCSC Wellness Live Powered by CILC is a calendar of live virtual wellness classes designed for staff in schools, districts, and city organizations.

**One calendar. Expert-led virtual experiences.
No coordination or extra burden on staff.**

This turnkey solution is complete with full coordination, live moderation, and tech support. Classes range in topics like healthy lifestyle, education, yoga, mental and digital wellness. Schedule is aligned with staff calendar.

FOUR WELLNESS AREAS



MOVE

Live movement + physical wellness

Accessible live classes that help employees build energy, mobility, strength, and healthy routines.



RESET

Mental wellness + stress relief

Mindfulness, restorative practices, and practical tools to help employees pause, recharge, and manage stress.



ENGAGE

Social + intellectual wellness

Shared learning experiences focused on culture, museums, botanical gardens, and more to strengthen connection.



THRIVE

Digital + practical well-being

Relevant guidance for healthy technology habits, online safety, financial digital wellness, and everyday work-life balance.



76%

of surveyed U.S. school employees reported moderate-to-severe stress.

INTERESTED? CONTACT INFO@CILC.ORG