



# February Featured Learning

This American Heart Month, we're spotlighting topics that strengthen both our connections and our health. From improving your communication skills to learning CPR and exploring natural ways to boost your immune system, these courses empower you to take care of yourself and others. Let's make February a month of growth for our hearts, minds, and bodies!

- [10 Ways to Have a Better Conversation](#)
- [Cardiopulmonary Resuscitation \(CPR\) & AED Training](#)
- [Boosting Your Immune System](#)

Courses available through  
2/28/2025.



Log in at [learn.cisoregon.org](https://learn.cisoregon.org) to access these courses.