



# January Featured Learning

Kick off the new year with learning that matters! This January, our featured learning offers three quick courses to help you thrive. Start by preventing workplace injuries with a lighthearted look at slips, trips, and falls. Then, uncover the secrets to building lasting good habits. Finally, get motivated by Matt Cutts' TED Talk on how 30-day challenges can bring big rewards. Take just a few minutes to learn something new and set a positive tone for the year ahead.

- [Preventing Slips, Trips, and Falls](#)
- [Building Good Habits](#)
- [Try something new for 30 days | Matt Cutts | TED Talk](#)

Courses available through  
1/31/2025.



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