

# plant SEEDS of Greatness

## State of Vermont Online University

is a great tool to help you  
increase knowledge & skills.

### Our February featured course is **Back Safety.**

Learn to identify risks  
& conduct assessments  
to help reduce injuries  
both at home & at work.

February is  
“Plant the Seeds of Greatness”  
month, a campaign to  
encourage everyone  
to remove barriers  
and make a change in life  
for the better.

Set goals to make a difference  
in your life for yourself,  
your family,  
your employment,  
your community.  
Then acquire the knowledge,  
skills, and tools you need  
to make them happen.

**STATE of VERMONT ONLINE UNIVERSITY**  
*Any Time! Any Place! Any Pace!*



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