

Hi! My name is Janae Halm. I'm originally from a small town in Northern Minnesota. I have always been interested in the health and wellness of individuals so while attending Bethel University in St. Paul I obtained my degree in Community Health. I then went to UW-La Crosse to receive my Master of Public Health. I moved to Mason City in June, and was excited to start September 1st as an AmeriCorps member with Cerro Gordo County's Department of Public Health. I will be assisting community based wellness projects to reduce childhood obesity and childhood and adult chronic health disease. Specific projects that I am currently working on include educating the community on the USDA's new food icon—MyPlate, a Walking School Bus, and facilitating a chronic disease self management class—Better Choices, Better Health. I am excited about this opportunity to impact the health of the community and am looking forward to what this next year will bring.