

FREE LUNG FUNCTION SCREENING

When: Wednesday August 18, 2010, 10:00 a.m.—12:00 p.m.

Where: SWIC Cottonwood Room

Who: Anyone can sign up!

Spirometry Tests Your Lung Function
(how well you are breathing)

- **Why test my lung function?**

Through routine spirometry, lung diseases can often be diagnosed in the early stages when treatment is most effective. Once a lung disease is diagnosed and treated, routine spirometry tests can monitor changes in lung functions with specific treatments.

- **What happens during the test?**

You will take a deep breath and blow into a mouthpiece attached to a spirometer. Blow out as hard and as fast as you can until your lungs feel empty. Repeat two or three more times. A computerized sensor calculates and graphs the results. The results will indicate whether or not there is airway obstruction.

This is a FREE test! Anyone can sign up to test their lung function.
To sign up, please call Beth at 303-922-2928.

SWIC August Events

- **SWIC Neighborhood Council Meeting:** Thursday August 12th from 5:30 p.m. to 7:00 p.m. FREE Community Dinner
- **OYATE:** Wednesday August 11th from 10:30 a.m. to 12:30 p.m.
- **Garden of Hope Community Work Day:** Saturday August 14th from 10:00 a.m. to 12:00 p.m.
- **Aramark Building Community Center Enhancement Day:** August 31st from 10:00 a.m. to 4:00 p.m.

See the SWIC Events Calendar for more upcoming events.

The SouthWest Denver Community Center

A Division of the SouthWest Improvement Council (SWIC)

1000 S. Lowell Boulevard Denver, CO 80219 (303) 934-2181

Serving Residents of Southwest Denver since 1987

SouthWest Matters

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MHYC Hiring Event at SWIC

Mile High Youth Corps is partnering with SWIC to host a hiring event on Thursday August 5th from 3:00 p.m. to 4:30 p.m. **Anyone ages 18-24 in need of employment or a GED is invited to attend.** You will learn more about the Mile Youth Corps from Corpsmembers and have the opportunity to schedule an interview. Don't miss this great opportunity! Call Beth at 303-922-2928 with any questions or for more information.



SWIC's Ongoing Programs

- ◆ **Foreclosure Prevention and Housing Counseling:** FREE! You do not have to be behind on your monthly payments.
Call Ron at 303-934-0923 for more information!
- ◆ **VOA Hot Lunch for Seniors:** 10:30am—12:30pm Monday—Friday.
Donations welcomed, never required!
- ◆ **Weekly Food Boxes:** 10:30am—2:30pm every Friday.
\$2 donation suggested, never required!
- ◆ **Free Adult Exercise:** 8:00am—10:30am and 4:00pm—6:00pm.
Weight room, gymnasium and Zumba! Call Jenny at 303-934-8063
- ◆ **Youth Programs:** 2:00pm—5:30pm Monday — Thursday.
Free Arts and Crafts and Open gym!