

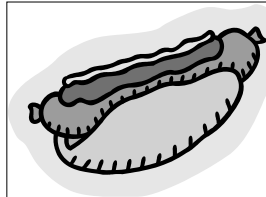
FAMILY DAY 2010

Activities Include:

- Petting Zoo
- Jumper Castles
- Face Painting
- Carnival Games
- Cake Walk
- Cooking Demonstration

**Come to SWIC and
enjoy free food,
entertainment, and fun
for the whole family!**

Join SWIC tomorrow
Saturday July 10th from
10:00am to 3:00pm for
a **FREE BBQ**
with hot dogs,
hamburgers,
and ice cream!



All Are Welcome!

Bring your friends and family!



The SouthWest Denver Community
Center, A Division of
SouthWest Improvement Council (SWIC)
1000 S. Lowell Blvd. Denver, CO 80219

For more information or to
volunteer, call 303-922-2928

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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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Cuídate: “Take Care of Yourself”

Denver Area Youth Services (D.A.Y.S.) and SWIC are now offering a **FREE program for youth every Tuesday at 5:30 p.m. in Eagle Bear Hall**. This culturally based program is designed to reduce HIV sexual risk among youth through education and empowerment. The program emphasizes risk reduction strategies such as sexual abstinence and condom use taught through fun activities.

This is a FREE program open to anyone ages 13-19. After the successful completion of the six-hour program, all participants will receive a FREE \$25.00 gift card to Target. Free condoms and Free HIV/STD/Pregnancy testing is also available. Come check it out! **For more information, call Betsy with D.A.Y.S. at 303-302-3269 or Beth with SWIC at 303-922-2928.**

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!