

Text4Baby: Free maternal health information!

If you are a new or expecting mother, sign up for TEXT4BABY and receive FREE maternal health information via text message. Subscribers will get three text messages a week focused on ways to have a healthy pregnancy and first year of infancy. Its easy to sign up:

- Text the word "BABY" to 511411
- Envía BEBE al 511411 para Español
- Visit <http://text4baby.org/register.html> to register online

Help spread the word! (source: The Partnership Center)



ANNOUNCEMENT: Weekly Food Boxes

SWIC is now using reusable cloth grocery bags instead of boxes! If you have any extra cloth grocery bags, bring them to Ron or Beth at SWIC. Remember: if you bring a reusable bag with you on Fridays, you receive an **extra food item!**

Do you want to make a difference in your own community?

Come check out a new leadership development program for teenagers:

Youth Community Alliance of Local Leaders (YouthCALL)

First meeting: Wednesday March 24, 7:00pm — 9:00pm

Eagle Bear Hall (inside the Southwest Denver Community Center)

FREE PIZZA!

For more information, contact Sally: sally.jones@gmail.com

The Southwest Denver Community Center
A division of the Southwest Improvement Council (SWIC)
1000 S. Lowell Denver, CO 80219
Serving Residents of Southwest Denver since 1987



Southwest Matters

Volume 3, Issue 5

March 5, 2010

Take Control Of Your Financial Future!

The Southwest Improvement Council (SWIC) is hosting its first annual **Financial Awareness Week** Monday March 15th — Saturday March 20th. Each day from 9:00am — 3:00pm, financial experts will present essential information on topics such as **retirement, budgeting, social security, the importance of credit, foreclosure prevention, and first time home-buying**. This week has been designed to provide participants with the skills and knowledge to address any financial matter that might

arise at home, at work, or in the community. All of the programming is **FREE**. Free breakfast and lunch will be served every day and door prizes will be awarded (must be present to win). For more information on this event or to sign up, contact **Ron Cardenas at 303-934-0923**. You can also check out a full schedule on our calendar or online at www.swic-denver.org.



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 (English) Roberta at 303-934-4789 (Spanish) or Jenny at 303-934-8063 (Vietnamese)
- ◆ **VOA Hot Lunch for Seniors:** 10:30am—1:00pm Monday—Friday. Donations welcomed, never required!
- ◆ **Weekly Food Boxes:** 12:00pm — 3:00pm every Friday. \$2 donation suggested, never required!
- ◆ **Free Adult Exercise:** 7:00am — 11:00am every day. Weight room, gymnasium and Zumba! Call Jenny at 303-934-8063