

Call for an Appointment

at the AIDS Health Project

Select a location near you

- Health Center No. 1
3850 17th Street
558-2507
- Operation Concern
1853 Market Street
626-7000
- Haight Ashbury Free Clinic
558 Clayton Street
626-6637

All services are free-of-charge to
San Francisco residents

- Private consultations
- Health planning
- Health assessment of potential
high-risk behaviors
- Skills training workshops for
AIDS prevention

**So What's Holding You Up?
Call Us**

WE
C.A.N.
CHALLENGE AIDS NOW!

AIDS Health Project
Administrative Office
54 Tenth Street
San Francisco, CA 94103

*To the men
of San Francisco...*

**It's
Plain
and
Simple**



We all know

- ☐ **We're in a crisis**
- ☐ **We're all affected**
- ☐ **We can do something about it**

JOIN FORCES TO PREVENT AIDS

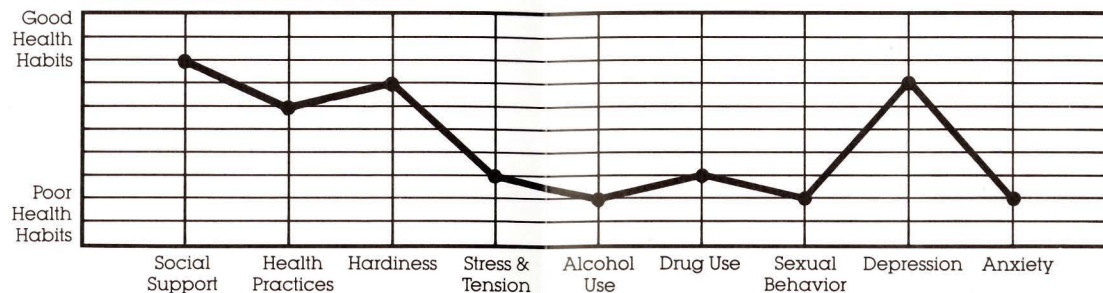
Living and Loving With a Step-by-Step AIDS Prevention Plan

STEP 1: KNOW WHERE YOU STAND

Get a medical check-up from your doctor and know what's happening with your body.

Talk to a professional from the AIDS Health Project and obtain your personal health profile.

A Personal Health Profile



From this newly designed personal health profile, find out where you are and what you may be doing that places you at risk for AIDS. This is the first step towards AIDS prevention and is at no cost to you!

STEP 2: MAKE YOUR AIDS PREVENTION PLANS

Specially trained counselors at the AIDS Health Project provide confidential consultations and health planning tailored to your individual needs at no cost to you.

STEP 3: COMPLETE YOUR HEALTH PLANS

Sign up for a skills training workshop offered by the AIDS Health Project. Learn about:

- Stress management and ways to relax
- Hot and healthy sex
- Building your health and immune system
- Preventing depression