

**Open for men : a free & confidential service for men of any age / Optimum Health Services.**

**Contributors**

Optimum Health Services

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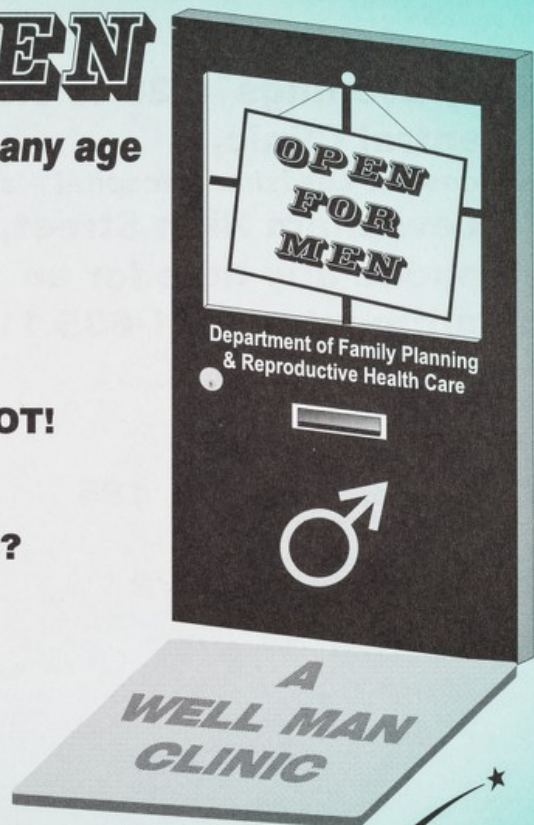
# OPEN FOR MEN

**A Free & Confidential Service for men of any age**

- Free condoms**
- Information on Safer Sex**
- Getting fit for Parenthood**
- Health Checks - have a personal MOT!**
- Smoking, Alcohol and You**
- Problems with Sex or Relationships?**
- Interested in Vasectomy?**
- Stressed, Worried or Fed-Up?**

**Whatever your need or problem -  
pop in for a personal chat with the  
nurse or doctor.**

**Male staff are always available.**



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**OPTIMUM  
HEALTH  
SERVICES**

**Friday Evenings 6.30 to 9.00pm**  
**at Central Clinic,**  
*(next door to Lewisham Hospital - see map)*  
**410 Lewisham High Street, SE13**  
**Telephone any time for an**  
**appointment on 071-635 1111**  
**or just walk in.**

**Bus Routes**  
**47, 54, 75, 136, 180, 185**

**Mobility Bus 932, 972**

