

# Both men in this picture are HIV+



## One of them is in control...

He chose to get tested and know his HIV status.

Knowing your status means that you can take control of your health and lifestyle.

For more information go to [www.metromate.org.uk/testing](http://www.metromate.org.uk/testing)

All of GMFA's campaigns are designed, planned and executed by HIV positive, negative and untested volunteers.

If you are interested in volunteering for GMFA, write phone or e-mail: Unit 43, The Eurolink Centre, 49 Effra Road, London SW2 1BZ.

020 7738 6872. Registered Charity no: 1076854

[newvol@gmfa.org.uk](mailto:newvol@gmfa.org.uk) [www.metromate.org.uk](http://www.metromate.org.uk)

Image by kobi-israel.com

**GM** **FA**  
Gay Men Fighting AIDS

**Crusaid**  
THE NATIONAL FUNDRAISER FOR HIV & AIDS