



R.A.D.

Rape Aggression Defense for Women

Join us for this free self defense class for women hosted by the North Reading Police Department and certified trainers. **Participants must complete all 4 classes to gain completion certificate.** Classes will be held on:

Tuesday, June 11, 2019 * 6pm-9pm

Wednesday, June 12, 2019 * 6pm-9pm

Monday, June 17, 2019 * 6pm-9pm

Wednesday, June 19, 2019 * 6pm-10pm

* All classes will be held in North Reading. You will receive the exact locations of classes in your confirmation e-mail.

RAD training is a comprehensive course that teaches awareness, prevention, risk reduction, and risk avoidance, progressing on to the basics of hands-on defense training. Participants spend time in the classroom for open discussion and lecture, and learn and demonstrate physical techniques. North Reading instructors have been certified through RAD Systems, Inc.

Register online at www.northreadingma.gov/cit and click "events".

Questions? Contact Lieutenant Mark Zimmerman at (978)357-5028 or email mzimmerman@nrpd.org.

Visit www.rad-systems.com for more program information.



Free and open
to ages 17
and older.