



## R.A.D. Self Defense Class for Women

The Wilbraham Police Department will be holding a R.A.D. Womens Self Defense class for ages 13 and above. The class starts Tuesday October 2nd, 2018, and will run 4 consecutive Tuesday evenings at the Gardens of Wilbraham community room, 2301 Boston Road Wilbraham. The class is from 6:00p–8:30pm. The R.A.D. system is a program of realistic self-defense tactics and techniques for women. This women's only course begins with Risk Awareness, Risk Prevention, Risk Reduction and Risk Avoidance, while progressing on to basics of hands-on defense training

Mothers and daughters are welcome, high school and college students are encouraged to apply.

Applications for this course can be found on the Town of Wilbraham's website under the Police Department. Class size is limited to 25 students. The fee for this class is \$25.00.

If you have any questions please contact Sgt. Mark Paradis (mparadis@wilbraham-ma.gov) or Officer Michael Cygan (mcygan@wilbraham-ma.gov) at the Wilbraham Police Department ( 413-596-3837 ).

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