



Self-Defense class for Women

The **Wilbraham Police Department** will be holding a ***R.A.D.*** class for women ages 13 and above. The class starts Tuesday November 5th and runs for 3 consecutive Tuesdays except for the 13th which is a Wednesday) Nov. 5,13,19 &26, at the Gardens of Wilbraham community room, 2301 Boston Road Wilbraham, from **6:00p – 8:00 p.** The R.A.D. system is a program of realistic self-defense tactics and techniques for women. This women's only course begins with *Awareness, Prevention, Risk Reduction and Risk Avoidance*, while progressing on to basics of hands-on defense training. Mothers and daughters are welcome, high school girls college bound are also encouraged to sign up.

Applications to register for this course can be found on the towns website under the police department. Class size is limited to 20-25 women. A small fee for this class is **\$ 25.00**

If you have any questions please contact Sgt. Mark Paradis or Officer Michael Cygan at the Wilbraham Police Department (596 -3837).