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).