The Berlin Police Department is Proudly Offering:

R.A.D

Rape Aggression Defense Systems

The Rape Aggression Defense System is a program of realistic, self-defense tactics, concepts and techniques. It is a comprehensive course for women that begins with Awareness, Prevention, Risk Reduction & Avoidance, while progressing on to the basics of hands-on defense training.

Free of Charge
Physical Defense Class for Women

November
12th 13th 14th

From
5:30pm - 8:30pm

Location:
Berlin High Cafeteria
Berlin Residents Only

RSVP
Seating Limit 20 women
Officer Tyler Cyr
tcyr@berlinski.org
Ages 16 and up
Must attend all three dates