

Develop and Enhance Your Self-Defense Techniques



The Rape Aggression Defense (R.A.D.) System is a 12-hour program of realistic self-defense tactics and techniques taught by the Millersville University Police Department. This women-only course offers self-defense instruction that is easy to learn, easy to retain and relatively easy to employ during real confrontational situations.

Although not a martial arts program, this course is taught by nationally certified instructors and begins with awareness, prevention, risk reduction and risk avoidance and progresses to the basics of hands-on defense training.

UPCOMING R.A.D. CLASS

MONDAYS, 6–9 p.m.
SEPT. 19, 26 and OCT. 3, 17
SMC, ROOM 24

R.A.D. IS FREE

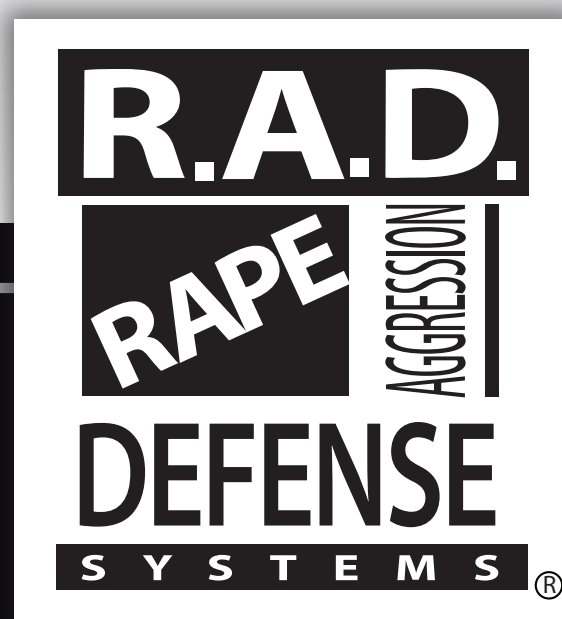
A \$10 refundable fee is required and will be returned upon completion of all 4 classes

SPACE IS LIMITED

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MILLERSVILLE UNIVERSITY
POLICE DEPARTMENT



Millersville University
SEIZE THE OPPORTUNITY

FOR ADDITIONAL INFORMATION AND TO REGISTER, CONTACT:
WELLNESS AND WOMEN'S CENTER 717-872-3841
WOMENSCENTER@MILLERSVILLE.EDU

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