

no matter where you are or what you are doing...

# Would **YOU** Know What **TO DO**?



## Free Women's Self Defense Course

Monday, September 10 & 17 | Wednesday, September 12 & 19 | 6:00 – 9:00 p.m. | SMC Room 24

### 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.

### R.A.D. is Only \$10 if you complete the course.

To confirm your spot a \$15 registration fee is required, \$5 of which will be returned to you if you complete the entire course (four classes). Participants who do not attend all four classes will forfeit the entire fee (\$15).

### Space is Limited



Brought to you by:  
**MILLERSVILLE UNIVERSITY  
POLICE DEPARTMENT**

FOR ADDITIONAL INFORMATION AND TO REGISTER, CONTACT:

**WELLNESS AND WOMEN'S CENTER 717-872-3841 WOMENSCENTER@MILLERSVILLE.EDU**

Millersville University  
SEIZE THE OPPORTUNITY

**R.A.D.**  
**RAPE** | **AGGRESSION**  
**DEFENSE**  
**SYSTEMS**

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