

Women's SELF DEFENSE

A **FREE**, 4-week Rape Aggression Defense Class (R.A.D)
presented by the Delaware City Police Department and HelpLine



The R.A.D System is a program of realistic self-defense tactics and techniques for women. The comprehensive course begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training. You will learn:

- Defense against the most common strikes.
- Methods to disable your attacker by utilizing your strength.
- Lifestyle awareness and empowerment to prevent attacks.

Participants will also receive a DVD and course booklet for a fee of **\$10.00** per participant.

R.A.D. System classes are from 6:00 p.m. to 9:00 p.m. on the following Thursdays:

February 4, 2010
February 11, 2010
February 18, 2010
February 25, 2010

Classes are open to girls and women ages 14 years and older.

HelpLine survivor advocates will be available during each class.

Space is limited.
Register today!

**For location and registration
information contact
Shilo Gall
at 614.507.5703**



HelpLine

Of Delaware and Morrow Counties, Inc.