



# R.A.D.

## Free Rape Aggression Defense Course for Women

Join us for this free self-defense class for women hosted by the North Reading Police Department and certified trainers. **Participants must complete all 4 classes to gain completion certificate. Select one course.** Classes will be held from 6pm-9pm.



### June, 2022 Course

Monday, June 20th  
Tuesday, June 21st  
Monday, June 27th  
Tuesday, June 28th

### August, 2022 Course

Monday, August 22nd  
Wednesday, August 24th  
Monday, August 29th  
Wednesday, August 31st

RAD training is a comprehensive course that teaches awareness, prevention, risk reduction, and risk avoidance, progressing on to the basics of hands-on defense training. Participants spend time in the classroom for open discussion and lecture, and learn and demonstrate physical techniques.

Register online at [www.northreadingma.gov/cit](http://www.northreadingma.gov/cit) and click "events".

**Questions?** Contact Detective Mike Marra at  
(978)357-5057 or email [mmarra@nrpd.org](mailto:mmarra@nrpd.org).

Visit [www.rad-systems.com](http://www.rad-systems.com) for more program information.



All classes will be held in North Reading. You will receive the exact locations of classes in your confirmation e-mail. This program is offered free of charge by the North Reading Police Department. Participants under 18 require a waiver. North Reading instructors have been certified through RAD Systems, Inc.