



**BERRIEN COUNTY SHERIFF'S OFFICE
PRESENTS**

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

BASIC PHYSICAL DEFENSE FOR WOMEN

2021 FALL TRAINING



Have you ever been concerned for your safety in your home, your travels, at school? Could you defend yourself if attacked?

The Berrien County Sheriff's Office is offering Women's Self Defense classes through **R.A.D. (Rape Aggression Defense) Systems**. R.A.D. is a comprehensive, personal safety course for women focusing on awareness, prevention, risk reduction and avoidance. Safety and survival in today's world requires a definite course of action. The R.A.D. System offers realistic defense techniques and provides women with the knowledge to make an educated decision about resistance strategies.

R.A.D. is not a martial arts program. It is a basic self defense program that any woman, regardless of age or physical ability can learn. The tactics are simple, yet effective. R.A.D. gives us the viable options and techniques necessary to protect ourselves and avoid potentially dangerous situations. Classes are **FREE** and involve three evening sessions totalling 12 hours (from 5:30 - 9:30 pm). All sessions must be completed to attain an official R.A.D. certification. Classes are open to females ages 16 and older. (Minors must be accompanied by a parent or legal guardian and waiver must be signed).

PRE-REGISTRATION IS REQUIRED.

To register, or for more information, please

call (269) 983-7111, Ext 7715 or email: RAD@berriencounty.org

OCTOBER 18, 19 21

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NOVEMBER 29, 30, DECEMBER 2

NILES COURTHOUSE

1205 N. Front Street
Niles, MI 49120
5:30 pm - 9:30 pm

NOVEMBER 15, 16, 18 2021

BARODA-LAKE TWP PD

3169 W. Shawnee Road
Bridgman, MI 49106
5:30 pm - 9:30 pm



**FOR MAXIMUM SAFETY,
WE STRONGLY SUGGEST THAT YOU
ARE VACCINATED & MASKED. THANK YOU!**

