



PRESS RELEASE

Police.Admin@LebCity.Com

City of Lebanon Police Department

36 Poverty Lane, Lebanon, NH 03766 (603)448-1212

Lebanon Police Department to Offer Women's Self-Defense Classes

The Lebanon Police Department is offering self-defense classes to interested women.

The course, **Rape Aggression Defense (R.A.D.)**, is the largest women's self-defense program in the country. It offers no-nonsense, practical techniques that women of all ages and abilities can participate in. The course is designed to give the participants realistic and dynamic hands on training.

The course is taught by certified R.A.D. instructors from the Lebanon Police Department. The certified instructors are: Lieutenant Scott Rathburn, Corporal Gerald Brown and Officer Peter Begin.

There is *no cost* for the program and class sizes will be limited to 20. It is encouraged that you be able to attend all four classes. We will be offering a class in April and one in May on the following dates:

Saturday, April 4
Saturday, April 11
Saturday, April 18
Saturday, April 25

Monday, May 4
Thursday, May 7
Tuesday, May 12
Thursday, May 14

April classes will start at 2:00 pm and end no later than 5:00 pm. These classes will be held in the Blue Room at Hanover Street School. The first class in May will be held in the Blue Room at Hanover Street School and the remaining three will be at the old CCB on Campbell Street. The May classes will start at 6:00 pm and end no later than 9:00 pm. If you would like to participate in these classes or would like further information, please contact (603)448-8800. For more information on R.A.D. visit their website at rad-systems.com

Authorized by: Lieutenant Scott Rathburn

Date: 3/17/2009

James Alexander, Police Chief • Gary Smith, Deputy Police Chief • Roland Daniels, Captain