



PRESS RELEASE

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City of Lebanon Police Department

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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, Lieutenant Scott Rathburn, Corporal Gerald Brown and Officer Peter Begin, from the Lebanon Police Department.

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 of the basic R.A.D. classes. The first class will be held at the Lebanon Police Department from 6:00pm to 9:00pm and the remaining three classes will be at the CCB from 6:00pm to 9:00pm on the following dates:

Monday, August 10
Wednesday, August 12
Monday, August 17
Wednesday, August 19

If you would like to participate in this class or would like further information, please contact us at (603) 448-8800. For more information on R.A.D., visit their website at rad-systems.com

Authorized by: *Lieutenant Scott Rathburn*

Date: *7/29/2009*