



PRESS RELEASE

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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, 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. We will be offering this class from 6:00pm to 9:00pm. The first class will be held at the Lebanon Police Department and the remaining three will be at the CCB.

Tuesday, September 15
Thursday, September 17
Tuesday, September 22
Thursday, September 24

We will also be offering an **Advanced R.A.D.** class, Knife and Gun Defense. You must have completed the basic R.A.D. course in order to participate. This will be a one-time class on **Wednesday, September 30** from 6:00pm to 9:00pm at the CCB.

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: 8/18/2009

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