



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, 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. All classes will be held at the CCB.

**Wednesday, October 21**  
**Wednesday, October 28**  
**Wednesday, November 4**  
**Thursday, November 12**

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](http://rad-systems.com)

**Authorized by: Lieutenant Scott Rathburn**

**Date: 10/5/2009**