

ADVANCED RAPE AGGRESSION DEFENSE (R.A.D.)

RAPE AGGRESSION DEFENSE SYSTEM

With Officer Monika Forest and Elaine Armstrong

SELF DEFENSE TRAINING FOR WOMEN

THREE CONSECUTIVE MEETINGS:

OCTOBER 17, 18 AND 19 2017 IN ROOM G-8

ALL THREE SESSIONS WILL MEET FROM 4:00 PM TO 7:00 PM

THE BASIC R.A.D CLASS IS REQUIRED BEFORE ATTENDING THIS CLASS. Please bring your signed Basic RAD manual to the class.

These free classes are open to the public. Ages 14 and up. For women only. Please check your schedule and plan to attend all 3 sessions.

Please wear comfortable/loose fitting clothing (work-out clothes) and athletic shoes to class. A water bottle and snacks for break time is also a good idea. If you choose to work-out, please do not wear any jewelry. And as a courtesy to other students, please do not wear perfumes or strong scented lotions.

Registration:

The number of participants in these classes is limited and registration will be on a first-come, first-served basis. The classes will be offered for **free**. Please sign-up early to ensure a place in the class. Officer Forest will accept walk-ins if space is available. Please email Officer Monika Forest to register for this RAD class at mforest@palomar.edu or call (760) 744-1150 x2289

Parking Instructions: If you are not a Palomar College student, you will need to get a free parking pass from Campus Police before parking on campus or you may buy a day parking permit at a parking lot kiosk. Daily Parking Permit cost is \$5.00. Permit Machines are located in parking lots 3, 5, 9, 12, at the main campus.

BROUGHT TO YOU BY THE PALOMAR COLLEGE POLICE DEPARTMENT