

# BASIC RAPE AGRESSION DEFENSE (R.A.D.)

With Officer Monika Forest and Elaine Armstrong

## SELF DEFENSE TRAINING FOR WOMEN

THREE CONSECUTIVE MEETINGS:

OCTOBER 10, 11, AND 12, 2017

ALL THREE SESSIONS WILL MEET FROM 4:00 PM TO 7:00 PM IN G-8

ATTENDANCE ON THE FIRST DAY, OCTOBER 10, 2017, IS REQUIRED FOR ADMITANCE INTO THE FOLLOWING DAYS.

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](mailto:mforest@palomar.edu) or call (760) 744-1150 x2289

**Parking Instructions: If you are not a Palomar College student, you will need to 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.**

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