



**September 24, 25 & 26
2019**

4:00 pm – 9:00 pm

3 consecutive meetings
Location: Palomar College
Rancho Bernardo Campus
11111 Rancho Bernardo Rd.
San Diego, CA 92127
Room SEC-111 (First Floor)

Free Parking

RAPE AGGRESSION DEFENSE (R.A.D.)

With Officer Monika Forest and Elaine Armstrong
brought to you by the Palomar College Police Department

**ATTENDANCE ON THE FIRST DAY, IS REQUIRED FOR
ADMITTANCE INTO THE FOLLOWING DAYS**

**These free classes are open to the public. (Students and Community Members)
For women only. Ages 14 and up.**

Please check your schedule and plan to attend all 3 sessions. You will be given free manuals on the last day of class. No martial arts experience needed. We will be teaching the Basic, Advanced, Keychain, and self-defense against Weapons R.A.D. classes.

Please wear comfortable/loose fitting clothing (work-out clothes) and **athletic shoes** to class. (No bare feet or open toed footwear.) 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. A water bottle and snacks for break time is also a good idea.

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 Monika Forest will accept walk-ins if space is available.

Go to the R.A.D. webpage for more information about the class:

<https://www2.palomar.edu/pages/police/rape-aggression-defense-classes-r-a-d/>

Please email Officer Monika Forest to register for these R.A.D. classes.

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