

SELF DEFENSE FOR WOMEN



R.A.D. SYSTEMS

The Westwood Police Department is offering an exciting, twelve hour, basic self-defense program. The **R**.ape **A**.ggression **D**.efense program is taught nationwide and is a basic self-defense and awareness program designed especially for women. Our department instructors have approximately (17) years of combined teaching experience in this system of self-defense and have extensive experience in a university environment that is particularly well-suited to our college bound graduating seniors.

WHERE: Department of Public Works
Champagne Meeting Room
50 Carby Street
Westwood, MA 02090

WHEN: Monday, August 3, 2015 from 5pm - 8pm
Thursday, August 6, 2015 from 5pm - 8pm
Monday, August 10, 2015 from 5pm – 8pm
Thursday, August 13, 2015 from 5pm – 8pm

Enrollment preference will be given to the recent female graduates of Westwood High School, but is open to everyone. Class size is limited to 20 participants. Any person who registers after the class is full will be placed on a waiting list and will be eligible to attend a future course at a later date.

Anyone interested in participating in this twelve hour, basic self-defense course should send an email with their name and a contact number to Officer Elvis Nguyen at nguyen@westwoodpd.org

