From: Allenstown NH
To: Derik Goodine
Subject: R.A.D. Basic Physical Defense Program
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R.A.D. Basic Physical Defense Program

The Allenstown Police Department and the Bow Police Department will be co-hosting a 12-hour R.A.D. (Rape Aggression Defense) Basic Physical Defense Program. The course will be held on the following four dates: Nov 26, Nov 28, Dec 3 & Dec 5 from 5:30 PM to 8:30 PM each night at the Bow Elementary School located at 22 Bow Center Road Bow, New Hampshire.

The Rape Aggression Defense (R.A.D.) system is a program that offers realistic tactics, techniques, and training designed solely for women. Students will learn awareness, prevention, risk reduction, and avoidance techniques. R.A.D. also teaches the basics of hands-on defense training, but is not a martial arts program. The R.A.D. program is designed for the everyday woman, regardless of age or fitness level. The program is for ages 13 and older.

This training is in great demand and space is limited. Enrollment will be filled on a first-come, first-serve basis and pre-registration is required. The Allenstown and Bow Police Departments offer this class FREE to all participants. Participants must commit to attending all training dates to benefit from this intensive program.

If you are interested in participating in the program, please contact Det. Sgt. Dawn Shea of the Allenstown Police Department at 603-485-9500 or dshea@allenstownnh.gov OR Det. Sgt. Stacey Blanchette of the Bow Police Department at 603-223-3950 or sblanchette@bownh.gov

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