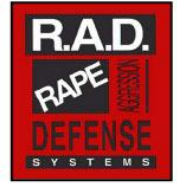




BERRIEN COUNTY SHERIFF'S OFFICE  
 PRESENTS  
**RAPE AGGRESSION DEFENSE SYSTEMS**  
**R.A.D.**



**BASIC PHYSICAL DEFENSE FOR WOMEN**  
**2017 FALL TRAINING SCHEDULE**

Have you ever been concerned for your safety in your home, your travels, at school? Could you defend yourself if attacked?

The Berrien County Sheriff's Office is offering Women's Self Defense classes through **R.A.D. (Rape Aggression Defense) Systems**. R.A.D. is a comprehensive, personal safety course for women focusing on awareness, prevention, risk reduction and avoidance. Safety and survival in today's world requires a definite course of action. The R.A.D. System offers realistic defense techniques and provides women with the knowledge to make an educated decision about resistance strategies.

R.A.D. is not a martial arts program. It is a basic self defense program that any woman, regardless of age or physical ability can learn. The tactics are simple, yet effective. R.A.D. gives us the viable options and techniques necessary to protect ourselves and avoid potentially dangerous situations.

Classes are **FREE** and involve three evening sessions totalling 12 hours (from 5:30 - 9:30 pm). All sessions must be completed to attain an official R.A.D. certification. Classes are open to females ages 16 and older. (Minors must be accompanied by a parent or legal guardian and waiver must be signed).

**PRE-REGISTRATION IS REQUIRED.**

To register, or for more information, please call **Deputy Kelly Laesch**,  
**(269) 983-7141, Ext 7715 or email: RAD@berriencounty.org**

**September 21, 26, 28, 2017**

LINCOLN TOWNSHIP LIBRARY  
 2099 W. John Beers Road, Stevensville, MI 49127  
 5:30 pm - 9:30 pm

**October 23, 24, 26, 2017**

BCSD - STOVER TRAINING FACILITY  
 7110 Angling Rd, Coloma, MI 49038  
 5:30 pm - 9:30 pm

**November 13, 14, 16, 2017**

FIRST BAPTIST CHURCH  
 902 Broad Street, St. Joseph, MI 49085  
 5:30 pm - 9:30 pm

**December 11, 12, 14, 2017**

LAKELAND NILES  
 31 North St. Joseph Ave, Niles, MI 49120  
 5:30 pm - 9:30 pm

