Oro Valley
Police Department
Presents

RAD
RAPE AGGRESSION DEFENSE
A FREE WOMEN'S SELF-DEFENSE CLASS

Oro Valley Police Department personnel will be teaching this self-defense class for females. This training will empower you to fight back against crime with awareness, prevention and risk avoidance. The paradox of self-defense is that the more prepared you are, the less likely you are to need it. When you can recognize and respond to potentially dangerous situations, you are less likely to become a target of crime.

Attendees should wear comfortable workout attire, as this is a physical class consisting of punching and kicking. Water will be provided, and participants may bring healthy, energy-packed snacks. The class is limited to 20 people. The minimum age is 14. Participants must attend ***all of the sessions***.

Date .....Thursdays, April 7, 14 and 21
Time ..... 5 - 9 p.m.
Location.... Oro Valley Church of the Nazarene
..... 500 W. Calle Concordia

For more information—or to sign up—contact Sgt. Amy Graham at (520) 229-5080 or agraham@orovalleyaz.gov