



City of Cambridge Police Department

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Cambridge Police to Offer Self Defense Courses for Women in March

February 18, 2011 – Cambridge Police will be holding a series of Rape Aggression Defense (R.A.D.) classes at the Cambridge Police Department during the month of March.

Beginning on Wednesday, March 2, 2011, R.A.D. classes will be held on four consecutive Wednesdays and are offered FREE to any female Cambridge residents or City employees who wish to attend. Classes will begin promptly at 5:30 PM.



Space is limited, so those interested should call 617-349-3236 for more information and to reserve their spot.

The Rape Aggression Defense system is a program of realistic, self defense tactics and techniques. The R.A.D. system is a comprehensive course for women that begins with information about awareness, prevention, risk reduction, and avoidance, before progressing to the basics of hands-on defense training.

For more information, visit <http://www2.cambridgema.gov/CPD/CommRes/RAD.cfm>

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