



**Women's Self Defense Classes
May 30, 31, June 4, 5 from 6-9p at
Port Huron Recreation Center
12 hour training hosted
by Port Huron Police Department**

The Rape Aggression Defense System (RAD) is a program of realistic, self-defense tactics and techniques. The RAD system is a comprehensive course for women that begins with awareness, prevention, risk reduction and avoidance, while progressing on to the basics of hands-on defense training. RAD is not a Martial Arts program. For more information about the program you can go to the website at www.rad-systems.com. Class is open to women over the age of 12.

The cost is \$20 per person.

**To sign up contact:
Officer Adrienne Mynsberge
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Port Huron, MI 48060
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mynsbera@porthuron.org**