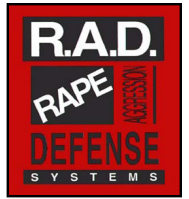




**BERRIEN COUNTY SHERIFF'S OFFICE  
PRESENTS  
RAPE AGGRESSION DEFENSE SYSTEMS  
R.A.D.**



**BASIC PHYSICAL DEFENSE FOR WOMEN  
FALL TRAINING 2016**

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 **Sgt. Tina Morrow at (269) 983-7141, ext. 7302** or **Deputy Kelly Laesch, Ext 7221**

**Sept. 22, Sept. 27, Sept. 29 2016**

EAU CLAIRE STUDENT ACTIVITY CENTER  
6295 West Main Street, Eau Claire, MI 49111  
5:30 pm - 9:30 pm

**Oct. 13, Oct. 18, Oct. 20 2016**

CHICKAMING CAMPUS  
13742 Three Oaks Road, Sawyer, MI 49125  
5:30 pm - 9:30 pm

**Nov. 3, Nov 7, Nov 9 2016**

ST. JOSEPH HIGH SCHOOL  
2521 Stadium Drive, St. Joseph, MI 49085  
5:30 pm - 9:30 pm

**Dec. 1, Dec. 6, Dec. 8 2016**

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



***RAD REFRESHER COURSES (Must have completed the three day (12hour) Basic RAD Class)***

**Tuesday - October 4, 2016**

BARODA LAKE PD - LAKE TOWNSHIP  
PUBLIC SAFETY BUILDING  
3169 West Shawnee Road, Baroda  
5:30 pm - 9:30 pm

**Tuesday - November 1, 2016**

BERRIEN COUNTY SHERIFF'S DEPARTMENT  
STOVER TRAINING FACILITY  
7110 Angling Rd, Coloma, MI 49038  
5:30 pm - 9:30 pm