

ARE YOU A FEMALE INTERESTED IN A *FREE* SELF DEFENSE CLASS?

Westfield State University Department of Public Safety offers Rape Aggression Defense, an interactive self-defense class for women taught in 5 sessions.

Basic R.A.D. Class will usually be held from 6:00 PM-9:00 PM. Location of class and more information will follow after sign-ups.

You will need to be able to attend every class!

Interested? Email rad@westfield.ma.edu to sign up today!



The Rape Aggression Defense Basic Personal Defense System is a national program of realistic self-defense tactics and techniques taught for women only. All courses are taught by nationally certified R.A.D. instructors.