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The Danvers Police Department is offering women a chance to learn self-defense skills. The classes will run from 5:30pm – 8:30pm at the Holten Richmond Middle School, Danvers, MA

Tuesday: May 15th and Thursday May 17th

Tuesday: May 22nd and Thursday May 24th

2018

Rape Aggression Defense System (R.A.D.) is a comprehensive women-only course that begins with awareness, prevention, risk reduction, and risk avoidance, and then progresses to cover the basics of hands-on defense training.

Classes are taught by Danvers Police Officers who are nationally certified R.A.D. Instructors. The class is limited to 25 and the participants must be at least 18 years of age. For more information please contact Sgt. Olivia Silva 978-774-1213 x4134 or at osilva@danversma.gov**Please fill out and mail, email, or fax your application:**

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| **Full Name : ­­­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_****Date of Birth : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  |
| **Home Address : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  |
| **City or Town : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  |
| **Zip : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  |
| **Phone (Home) : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  |
| **Phone (Cell) : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  |
|  |  |
| **E-mail Address : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  |
| **T-Shirt Size: \_\_\_\_\_\_\_\_** |  |
| **Fax 978-762-0258 or Mail to :****Sgt. Olivia Silva****Danvers Police Dept.****120 Ash Street****Danvers, MA 01923** |  |

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