

Would you
survive an
attack ? ! ?



Women's Self Defense Course

The next Women's Self Defense class will be held on ESU's campus in Lower Dansbury. This 9-hour class (3 hours each day) is free of charge for the ESU community. Class size is limited, so register now at the East Stroudsburg University Police Department located in Suite 100 in Hemlock Suites.

Monday, January 27
Tuesday, January 28
Wednesday, January 29
5:30 p.m. to 8:30 p.m.

Participants **MUST** attend all three classes to complete the program.

Fitness clothing is recommended.

THE R.A.D. ADVANTAGE

- Has established the standard for female self-defense programs
- Offers no-nonsense, practical techniques of defense
- Provides realistic and dynamic hands-on training
- Provides students with a comprehensive reference manual
- Has a **FREE** lifetime return-and-practice policy



If you have additional questions, please contact Officer Andrea Carrasco at acarrasco@esu.edu or (570) 422-3064.