



The Residence Hall Association in partnership  
with the ESU Police Department Presents:

# Women's Self Defense Course

March 24<sup>th</sup> – 26<sup>th</sup>  
5:30pm - 8:30pm  
Lower Dansbury

- \*\* Must attend all classes to complete the program
- \*\* Fitness type 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

**For more information or to register contact Officer Carrasco at**  
**[acarrasco@po-box.esu.edu](mailto:acarrasco@po-box.esu.edu) or (570)422-3064**