



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

Women's Self Defense Course

January 27th - 29th
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 or (570)422-3064**