



- RAD, (Rape Aggression Defense), is a system of physical self-defense techniques and risk avoidance for women only.
- RAD teaches you to defend yourself- stop depending on others!
- RAD teaches you to recognize dangerous situations- this could save your life!
- RAD instruction is only 12 hours long. The last 3 hours are a voluntary simulation!
- RAD is a free, fun class offered by the Tallahassee Police Crime Prevention Unit.

When: Saturday, May 21<sup>st</sup> & 28<sup>th</sup>

Where: Lincoln Neighborhood Center, 438 West Brevard Street  
Tallahassee, FL 32301

Time: 9am – 3:30pm

Other upcoming classes are: Saturday, August 6<sup>th</sup> & 13<sup>th</sup>, 9am-3:30pm.

Although simulations are voluntary, you must attend all sessions. Classes are open to all women ages 12yoa and up. Spaces are limited so sign up early. Bring a friend!

#### HOW TO ATTEND:

1. Contact Officer Maria Mercurio at [maria.mercurio@talgov.com](mailto:maria.mercurio@talgov.com)  
OR
2. Register by calling or e-mailing the Tallahassee Police Department's Crime Prevention Unit at (850) 891-4251 or [tpdcpu@talgov.com](mailto:tpdcpu@talgov.com).

RAD's lifetime Return and Practice Policy: once you complete a RAD course, you can attend any RAD course for free anywhere in the US or Canada!