

The Lincoln Police Department is now offering the R.A.D. program, **Rape Aggression Defense**, to women who live and/or work in the Town of Lincoln. The R.A.D. program is a 15 hour comprehensive women-only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training. R.A.D. is not a Martial Arts program. All ability levels are welcome. There is no cost for this program. Classes are typically three to four hours meeting approximately twice per week and taught by Officers Laura Hohmann and Ian Spencer.

To learn more about the R.A.D. program, please visit the official web site: www.rad-systems.com

To sign up for the class, please print the registration form and return it to the Lincoln Police Department:

Lincoln Police Department
R.A.D. Program
169 Lincoln Road
Lincoln, MA 01773

Registration forms are also available in the lobby of the Police Station

Classes will be limited to approximately ten students. Dates will be announced once ten registration forms have been received.

Please feel free to contact Officer Laura Hohmann or Officer Ian Spencer with any questions, 781-259-8113.