

# Women's **R.A.D.** Self Defense Training



Awareness • Prevention • Risk Reduction • Avoidance  
Hands-on Defense Training

**Free Class!**

This 12-hour class is broken up into four classes and is taught by certified instructors from The Mansfield Police Department

**Class dates: May 8<sup>th</sup>, 10<sup>th</sup>, 15<sup>th</sup> and 17<sup>th</sup> @ 5:30-8:30pm**

**Location: At the Public Safety Building 500 East St, Mansfield**

TO REGISTER, GO TO THE Mansfield MA, Police Department Facebook page and click on "CONTACT US", then Book Class, visit <https://mansfieldpd.setmore.com/bookclass>, or scan the QR code below.



If you have any questions, send a Facebook message,  
call 508-261-7300, or reach out to Ofc Nicole Newport by email  
@ [nnewport@mansfieldma.com](mailto:nnewport@mansfieldma.com)



**We hope to you see you in the class!**