



Town of Vienna, Virginia Police Department Media Information Release

Town of Vienna Police Offer Summer Women's Self Defense Class

The Town of Vienna Police Department is offering a summer session of the women's self defense class commonly known as R.A.D. The R.A.D. training class is a four evening, three hour a night class that helps women make wise decisions regarding their personal safety.

During the classes, specially trained police officers from the Vienna Police Department in conjunction with several local volunteers train women to be alert and mindful of their personal safety. Escape and response techniques are trained in practical scenarios as well as several non- physical techniques which help women stay safe.

The class is very useful for college bound women or for women of any age above 12 years of age.

Classes run from 7 pm to 10 pm at the Vienna Community Center. The Summer 2008 Session will be held August 4th, 6th, 11th, and 13th.

**Registration fee is \$5.00; \$7.50 for non-town residents.
Equipment fee is \$15.00. Fees are due first night of class.**

To register, contact the Vienna Community Center at 703-255-6360

For further information please contact MPO Bill Murray of the Vienna Police at 703-255-6396 or via email at wmurray@viennava.gov