



LINCOLN POLICE DEPARTMENT

PRESS RELEASE

January 17, 2012

From Monday, February 6th, through Thursday, February 9th, the Lincoln Police Department will be conducting a 12 hour self defense course for women titled “Rape Aggression Defense System”.

The R.A.D. Systems is dedicated to teaching women defensive concepts and techniques against various types of assault, by utilizing easy, effective and proven self-defense tactics. It is a comprehensive course for women that begins with awareness, prevention, risk reduction and avoidance, while progressing on to the basics of hands-on defense training.

The training is open to all Town residents, and will be offered on four consecutive nights from 6 PM to 9 PM, at the Town of Lincoln Senior Center, located at 150 Jenckes Hill Road.

Registration applications can be found at the Lincoln Police Department, and also on the Police Department link from the Town of Lincoln website, www.lincolnpolice.com.

Registration for this offering will end on Friday, February 3rd, at 4 PM. Applications will continue to be accepted for future courses. Pre-registration is required.

Captain Raymond Bousquet