

Attention Captains!

Due to overwhelming demand, CNUPD has added another Rape Aggression Defense (RAD) class to the schedule in November!

Ask yourself?

Do you want to learn techniques to keep you safe, no matter what situation you find yourself in

Have you ever wondered how you would fight off a person twice your size?

Have you ever thought “I will not become a victim!”

If so, then CNUPD would like you to invite you to participate in this unique, state of the art program. You will be taught techniques for self-defense, identifying potential attackers, and how to avoid dangerous situations in your daily life.

Classes are completely FREE and newest class is coming up fast:

November 4th, 11th, and 18th from 6pm – 10pm (Nov. 4th Freeman 101, Nov. 11th and 18th the DSU Washington Conference Room). This is a 12 hour course of instruction and if you decide that you want to attend this informative, fun class **you must attend all of the sessions**. For more information and to sign up for this FREE chance to empower yourself, or to schedule your very own class, contact CNUPD at 757-594-7053 or RAD@cnu.edu, and remember...

You are more powerful than you know!