



The Cornwall Borough Police Department
is hosting a
R.A.D. For Seniors
program, part of the R.A.D. SYSTEM OF
SELF DEFENSE.

This course combine's risk reduction measures with physical skills and is presented in a manner specifically tailored for the needs and abilities of senior citizens.

R.A.D. for Seniors addresses the unique issues that are faced by seniors, including scams and criminal ploys.

R.A.D. for Seniors course length is approximately 15 hours, presented in 9 to 10 1 ½ hour sessions and will be presented at the

ALDEN PLACE COMMUNITY CENTER.

Dates for the class are *March 22nd, 23rd, 24th, 29th, 30th and April 1st, 7th, 8th, 9th and 14th* from 9:00 a.m. until approximately 10:30 a.m.

There is ***NO CHARGE*** for this very beneficial program.

The following will be covered in the class:

- Victimization & seniors
- Self Defense and the law
- Risk Reduction strategies
- Awareness & avoidance
- Weapon defense
- Reporting an incident
- Prescription medications
- Fraud/charity/internet/telemarketing schemes & ID theft
- Investment/trusts/mortgage scams
- Handling emergencies
- Dating safety – sexual assault/rape
- Personal & public transportation safety
- Hands-on physical training.

CLASS SIZE IS LIMITED! The program being instructed by Officers Candace Miller, Dave Troxell, and Secretary Stephanie Burris, all certified *R.A.D. for Seniors* instructors. To add your name to the roster for this program, call the police department at 274-2071, or e-mail Secretary Stephanie Burris at

sburris@cornwallpd.org