

Montgomery County Medical Society Alliance

www.mcmsa.com

January



2018

Self -Defense (mini-R.A.D.)

Thursday, January 25th

Kettering Moraine Public library

3496 Far Hills Ave

(Tel: 937 463-2665)

Community Room

1:00 PM

R.A.D. is a program of realistic self-defense skills and techniques designed especially for women. Please join us as the Kettering police officer, who runs R.A.D., demonstrates and explains how we could defend ourselves in dangerous situations.

It is our pleasure to kick off the new year with this program as part of our theme Healthy minds and Healthy bodies.

Guests are very welcome, there will be snacks and water, and there is no charge. Please make your reservation with Stephanie Clark, Tel: (937) 231-6309 by **January 20th**.