



# Self-Defense Training Class

Come learn basic Streetwise Self-Defense and Rape Aggression Defense (RAD) techniques at this **FREE** event. Participants will learn basic strikes, kicks and blocks. They will also learn what to do if an attacker grabs, chokes or holds them. The moves are easy to learn and execute. This event is open to men and women of all ages.

**Comfortable clothing encouraged. Light refreshments will be served.**

The goal of Cleveland Clinic's **Langston Hughes Health & Education Center** is to strengthen our neighborhoods by providing exceptional healthcare. Programs and services are typically provided free of charge by Cleveland Clinic health care professionals.

**WHEN:** Thursday, February 16, 2017

**WHERE:** Langston Hughes Center  
2390 East 79<sup>th</sup> Street  
Cleveland, Ohio 44104

**TIME:** 6:00 p.m. – 8:00 p.m.

**CONTACT:** Please call Chantel Wilcox at  
216.361.1773

**SPONSORS:** Cleveland Clinic's Police Training Unit and the Cleveland Police Bureau of Community Policing

