



Empowering Women Through Self-Defense

A Community Partnership

The Wilbraham Police Department and the GFWC Wilbraham Junior Women's Club are teaming up to give local women the tools to protect themselves—through the nationally recognized R.A.D. (Rape Aggression Defense) Program—a comprehensive self-defense course designed specifically for women.

Who Can Attend?

- Women and teen girls 16 years and older
- Mothers and high school daughters are encouraged to sign up together before the girls go off to college or out into the workforce



Program Details:

- The Wilbraham Senior Center
240 Springfield Street, Wilbraham, MA
- Schedule: Wednesdays | 6:00 PM – 8:00 PM
April 8, 15, 29 & May 6, 2026
- Participants **should commit** to attending **all four sessions**.
- Space is limited to 30 participants. Early registration is strongly recommended.

\$10

Reduced fee thanks to the support of
GFWC Wilbraham
Junior Women's Club

REGISTER NOW!



Register or learn more at
www.wilbrahamjuniorwomens.org

- Contact: Ann Matthews
amatthews@outlook.com | 413-949-0920