



# Basic Physical Defense for Women class

A 9-hour training course from instructors Frances & Joseph Tomblin of Tomblin's RAD (Rape Aggression Defense) will be offered at Ashland Area YMCA.

**Saturday, April 21**  
**8 a.m. to 6 p.m.**

(includes lunch from noon to 1 p.m.)

Course includes: nine-hour training course, manual, lunch & bottled water. A certification of completion will be awarded following the course.

**Class open to both members and non-members.**

**\$25**  
per person

3232 Megan Neyer Way, Ashland, KY | (606) 324-6191 | [ashlandareaymca.org](http://ashlandareaymca.org)