



HEALTH AND WELLNESS

# SELF DEFENSE FOR WOMEN

**WHAT IS R.A.D. SELF DEFENSE?** The Rape Aggression Defense (R.A.D.) System is a program of realistic self-defense tactics and techniques for women. The R.A.D. System is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training. R.A.D. is not a Martial Arts program.

**WHO CAN ATTEND?** Any woman 13 and older with all physical fitness levels welcome.

**WHEN?** September 18, 2023 (Monday), September 19, 2023 (Tuesday) and September 25, 2023 (Monday), September 26, 2023 (Tuesday). This twelve-hour course requires your attendance at each session to participate in the final simulation on the 21st.

**WHAT TIME?** 5:00 PM- 8:00 PM Central Time

**WHERE?** Southern Union - Southern Room in Business and Technology Building

**HOW MUCH DOES IT COST?** IT'S FREE! (Thanks to Sheriff Jay Jones)

**HOW DO I SIGN UP?** Register with Amy Rogers by emailing her at [arogers@suscc.edu](mailto:arogers@suscc.edu). A confirmation email will be sent to you shortly. Additional Contact Info: 334 745-6437 ext: 5530. If you leave a voicemail, please leave your name, subject, phone number and email address.

**ANY QUESTIONS?** Amy Rogers: [arogers@suscc.edu](mailto:arogers@suscc.edu) or 334 745-6437 ext: 5530  
Sergeant Pamela Revels: [prevels@leecountysheriff.org](mailto:prevels@leecountysheriff.org) or 334-319-4173