



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? February 27th, 28th and March 6th, 7th 2017 (This twelve-hour course requires your attendance at each session to participate in the final simulation for safety reasons. All four three-hour sessions)

WHAT TIME? 5:00 PM- 8:00 PM CST

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. 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 or 334 745-6437 ext: 5530
Corporal Pamela Revels: prevels@leecountysheriff.org or 334-319-4173