



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 26, 2018 (Monday), February 27, 2018 (Tuesday) and March 5, 2018 (Monday), March 6, 2018 (Tuesday). (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