



NEWS RELEASE



ALACHUA COUNTY SHERIFF'S OFFICE
SADIE DARNELL, SHERIFF
P.O. BOX 1210 GAINESVILLE, FLORIDA 32602
OFFICE (352) 367-4050 • FAX (352) 374-1816
<http://www.alachuasheriff.org>

For Immediate Release:

Today's Date: October 28, 2008
Prepared By: Deputy Shawn Pagel
Release #: 2008-170
Event Date: November 21, 23, 24, 2008
Location: Grace United Methodist Church

Media Advisory: Rape Aggression Defense Class for Women:

The Alachua County Sheriff's Office is proud to offer the self-defense class for women known as R.A.D. (Rape Aggression Defense). This class is a 12-hour course spread out over 3 nights. RAD is a self-defense course designed specifically to teach women realistic defense tactics and techniques. RAD focuses primarily on enhancing awareness, risk reduction and avoidance skills before progressing to the basics of hands-on defense training.

This program operates on the premise that a spontaneous violent attack will stimulate a natural desire on the part of the victim to resist. We educate women about the "fight or flight" syndrome while showing them that enhancing their physical defense options is not only prudent, but necessary for resistance to be effective.

Take action. Take control. Prevent violence in your life! Don't wait for an unfortunate event to take place before YOU take control!

The next RAD class offering is going to be held November 21st, 23rd, and 24th, 2008, from 6-10 p.m. at Grace United Methodist Church, located at 9325 W. Newberry Road in the Fellowship Hall. Additional class dates can be found at www.alachuasheriff.org (click on "RAD Program") or by contacting Deputy Shawn Pagel at 352-367-4044 or email at spagel@alachuasheriff.org.

The class is free but enrollment is limited to ensure the highest quality of instruction. To register for this course, please contact Deputy Shawn Pagel at 352-367-4044 or email at spagel@alachuasheriff.org. For more information about the RAD program, please visit our website at www.alachuasheriff.org and click on the "RAD Program" link on the homepage.