



NEWS RELEASE



ALACHUA COUNTY SHERIFF'S OFFICE
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For Immediate Release:

Today's Date: January 5, 2010
Prepared By: Deputy Shawn Pagel
Release #: 2010-003
Event Date: January 26th, February 2nd & 4th, 2010
Location: Alachua County Health Department (in the Conference Room)
224 SE 24th Street, Gainesville, FL

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. This program is for women and girls **ages 13 and up** and can be completed by women of all physical abilities.

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 will be held January 26th, February 2nd & 4th, 2010 from 5:30-9:30PM at the Alachua County Health Department located at 224 SE 24th Street in the Conference Room. Additional class dates can be found at www.alachuasheriff.org (click on "RAD Program") or by contacting Sgt. Scott Ulrich at 352-367-4108 or email at sulrich@alachuasheriff.org.

The class is free but enrollment is limited to ensure the highest quality of instruction. Pre-registration is required. To register for this course, please contact Sgt. Scott Ulrich at 352-367-4108 or email at sulrich@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.