

The SIUE Police Department will present a one-day, free of charge self-defense course offered for WOMEN ONLY (faculty, staff, and students and their guest).

R.A.D. (Rape, Aggression, Defense) Systems is a nationally certified self-defense program designed specifically for women. We will spend the day teaching you different techniques on how to defend yourself, should you ever be in immediate danger.

At the end of the day, we put an officer in a padded suit and allow the students to use the skills taught to defend themselves. This is done in a safe environment and everything is completely optional. We hope to see you there!

9 a.m.-3p.m.

Saturday, Sept. 17

Morris University Center, Conference Center

Appropriate clothing are tennis shoes, T-shirt and sweat pants or shorts.

Bring money for lunch options in the MUC or bring a sack lunch.

Please respond via email to Sgt. Tara Vaughan at tahoffm@siue.edu and include name(s) of the people attending.