

# Rape Aggression Defense for Women



**12 Hours of  
Instruction  
Broken Into  
3 Hour Blocks  
September 5<sup>th</sup> , 12<sup>th</sup> , 19<sup>th</sup> ,  
and 26<sup>th</sup> from 6p to 9p.**

## Hosted by the O'Fallon Police Department

**The Rape Aggression Defense Basic Personal Defense System is a national program of realistic self-defense tactics and techniques taught for women only. All courses are taught by nationally certified R.A.D. instructors.**

**Class is \$25 and all proceeds are donated to the  
Violence Prevention Center of Southwestern Illinois**

**Classes are for women age 16 and up.**

**Registration must be received by September 1, 2023 at 6 p.m.**

**Classes are limited to 20 participants**

**For more information contact the O'Fallon Police Department 618-624-4545**

**Or**

**Lieutenant Nick Stewart**

**[nstewart@ofallon.org](mailto:nstewart@ofallon.org)**