

## **NEWS RELEASE**

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For more information contact:
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## ORANGE COUNTY SHERIFF'S OFFICE TO OFFER RAPE AGGRESSION DEFENSE TRAINING COURSE

Orange County, VA – The Orange County Sheriff's Office will be offering a Rape Aggression Defense (R.A.D.) course on February 19<sup>th</sup> and 20<sup>th</sup>, 2014, at Locust Grove Middle School on Flat Run Road from 6:30 p.m. - 9:30 p.m. The Rape Aggression Defense course is a national program of realistic self -defense tactics and techniques taught for women only. This course will be taught by Sheriff's Office personnel that are nationally certified R.A.D. Instructors. The course will be offered free of charge to anyone who is interested but you must be at least sixteen years of age to participate. (This course is ideal for those who will be heading to college.)

Spaces are limited to twenty participants; if you are interested in this course please call the Sheriff's Office at (540) 672-7219 and speak with Donna Lucas.

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