

**Get SET!**

**February 25th**  
**Saturday**  
**10am - 5pm**  
**Tivoli rm. 320-C**  
**Baerresen Ballroom**  
**Auraria Campus**

- \* Gain confidence and realize your personal strength regardless of size or age!
- \* Learn effective verbal and physical resistance!
- \* Class space is limited; Registration forms must be submitted by one week prior to the class.



**RAAP**

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## Women's Self-protection and Empowerment Training (SET)



**Empowerment through action!**

**RAAP welcomes all women and girls (ages 13+) to learn, in a safe environment, information and skills to strengthen their awareness and confidence through verbal, mental, and physical self-protection techniques specifically useful for women. SET classes are based on the fundamental principle that empowered, active resistance is effective.\* Our classes are taught by well-trained female instructors with a strong background in self-defense and a dedication to the elimination of sexual violence and oppression.**

**\* The use of self-defense techniques is a personal choice; the victim of an assault is NEVER at fault, no matter what actions they chooses to take or not take.**

### **February Class Price: FREE**

**for the first 5 CCD and CU Denver Students, Faculty, and Staff to register! \$60 for the public.**

To register for the class contact:

**RAPE ASSISTANCE AND**  
**RAAP**  
**AWARENESS PROGRAM**