

DEKALB POLICE DEPARTMENT

Gene Lowery, Chief of Police



PRESS RELEASE



For Immediate Release

Issued by: Community Relations Officer Kelly Sullivan, PIO

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We are pleased to announce that our police department will be offering a self-defense course for women in August. This is a free class for women only and is for DeKalb residents and NIU & Kishwaukee College Students living in DeKalb. You must be at least 14 or older to attend.

Officer Allison Benthussen and Detective Paul Mott will be instructors for the course, which will meet for 3-4 hours on three separate nights, for a total of 10 to 12 hours of instruction. Students will be provided with information on laws & sexual assault/rape, defensive tactics & mindset, basic principles for self-defense, hands-on practice, and much more during the 3 evenings of instruction.

Dates: Monday, August 1st from 6-9pm
 Tuesday, August 2nd from 6-9pm
 Wednesday, August 3rd from 6-9pm

Attendance at all three sessions is required for completion of the course. Class size is limited to 30 people and reservations are required. Please contact Community Relations Officer Kelly Sullivan at 815-748-8446 if you'd like to register. This training is being offered exclusively to the women and teen girls of DeKalb, NIU, and Kishwaukee College who live in the DeKalb Community. In case of overwhelming response, additional classes will be scheduled later in the year. Thank you for your time. Please share this with friends and family members who may be interested in this self-defense course. It's a great opportunity.