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PRESS RELEASE

Date: August 22, 2019
Department: Police Department
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Register Now for Free Women's Safety Series

Lake in the Hills, IL – This fall, the Lake in the Hills Police Department will present a free three-week intensive program that addresses many threats and safety challenges women face in today's environments. Topics include: defensive tactics, social scene safety, social media safety, suicide prevention, domestic violence, alcohol and drugs, sexual assault and stalking. Instruction will be provided by members of the Lake in the Hills Police Department and featured guest speakers. Classes will be held on October 9th, 16th and 23rd from 6pm - 9pm at the Irv Floress Safety Education Center (1109 Crystal Lake Road).

Participants will learn to defend themselves with confidence in this interactive program which provides training in recognizing potentially dangerous situations, as well as techniques for defending against attacks. These three, 3-hour classes are perfect for women going to college, who live and travel alone and for anyone interested in learning new skills and information.

For females 17+ years of age (sensitive material). Space is limited, and pre-registration is required. Priority registration will be given to Lake in the Hills residents; non-residents also welcome.

How to Register

- Online: Download the registration form online at: www.lith.org/police and email to communityrelations@lith.org
- Mail: 1115 Crystal Lake Road, Lake in the Hills, IL 60156
- In-Person: 1115 Crystal Lake Road, Lake in the Hills, IL 60156
- Fax: (847) 960-7552

Questions? Call Communications Coordinator Ashley Eccles at (847) 658-5676 or email communityrelations@lith.org. Please visit www.lith.org/police for the latest program and event information.

Any criminal or traffic complaint(s) that have been filed against any individual(s) named herein are only an accusation. All defendant(s) are presumed innocent unless proven guilty in a court of law. All inquiries regarding this press release are to be directed to the Communications Coordinator at 847-658-5676 unless otherwise noted.