



PRESS RELEASE: RAD Program is Back to Help Women Learn to Defend Themselves

Betsy L Musolf to: Archive

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Here is a press release regarding the Rape Aggression Defense program being offering at Ferris State University. Any questions about this release can be directed to Sandy Gholston, News Services and Social Media Manager.



RAD Program.doc

To read the online version of this story, visit:

<http://www.ferris.edu/HTMLS/news/archive/2012/september/rad.htm>



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RAD Program is Back to Help Women Learn to Defend Themselves

BIG RAPIDS – The Rape Aggression Defense program is back at Ferris State University this fall to help women learn life-saving self-defense techniques.

Women ages 13 and older can sign up now for the class, which will be offered from 1 to 6 p.m. Saturday, Sept. 29 and Sunday, Sept. 30 at Ferris' West Campus Community Center. Participants will learn safety tips and various self-defense moves, such as how to get out of a bear hug or escape an on-the-ground assault.

Past attendees have said the program helps them feel prepared, empowered and that it was well worth their time, said Officer Joy Paquette of the university's Department of Public Safety.

"Every woman should be trained," Paquette said. "Women of all ages sometimes come in with low self-esteem, but they leave this class confident and ready to take on anything that comes their way."

The RAD program received a \$7,200 grant from The Ferris Foundation in July for new equipment, including workout pads, floor mats and other gear to replace aging equipment used since the program began at Ferris in 1999.

Attendance is required at both sessions, taught by certified RAD instructors, because the training is progressive. The RAD program is free and open to the public. The office will be taking registration until Friday, Sept. 28.

For more information and to sign up, call Ferris' Department of Public Safety at (231) 591-5000 or stop by the office at 1319 Cramer Circle. The office is open 24 hours a day.

For more information on Ferris' program, visit:

<http://www.ferris.edu/HTMLS/othersrv/campussafety/raddefense.html>

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