



PRESS RELEASE: Ferris DPS to Offer Free Self-Defense Class to Help Women Stay Safe

Betsy L Musolf to: Archive

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Good afternoon!

Here is a press release about a free self-defense class for women being offered by Ferris State University's Department of Public Safety. For more information, contact Sandy Gholston, News Services and Social Media Manager, at (231) 591-2021 or sandygholston@ferris.edu.



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View the release online here: <http://www.ferris.edu/HTMLS/news/archive/2013/october/rad.htm>

FOR IMMEDIATE RELEASE: Oct. 22, 2013

Ferris DPS to Offer Free Self-Defense Class to Help Women Stay Safe

BIG RAPIDS – Officer Joy Paquette says it is important for women to know how to defend themselves, and Ferris State University's Department of Public Safety is offering to teach them how.

Registration is open for the Rape Aggression Defense program, which will be offered from 1 to 6 p.m. Saturday, Oct. 26 and Sunday, Oct. 27. Attendance at both sessions is required, because the training is progressive. Women ages 13 and older are eligible to participate.

The classes will be taught by police officers Joy Paquette and Nicholas Greenway, and Sgt. James Wing. All three are certified RAD instructors.

"I wish every woman would take this class and volunteer their time so they can be prepared," Paquette said. "This class is about learning the different tools that they have on their person for self-defense. It is not all about strength; it is about technique."

The program, which Ferris has offered since 1999, is designed to teach women how to avoid dangerous situations as well as realistic self-defense moves.

Students will be issued a RAD manual for reference, as well as a lifetime free-return and practice policy, which is good anywhere the program is offered. Class size is limited to 20 women on a first-come, first-serve basis.

For more information or to sign up, call Ferris' Department of Public Safety at (231) 591-5000 or visit <http://www.ferris.edu/HTMLS/othersrv/campussafety/raddefense.html>.

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