

# East Providence Police Department

Presents

## R.A.D. for Women

(Rape Aggression Defense Systems, Inc.)

R.A.D. is a contemporary basic self-defense course for WOMEN ONLY. Rape Aggression Defense Systems, Inc. and East Providence Police Officers trained in this program provide attendees with information, tactics and considerations, which we believe may be useful to various types of abductive encounters perpetrated against women. Even though your husbands, domestic and intimate partners want to protect you from harm and keep you safe, they are not able to be there every hour of the day. **The fact is, there is one person who will definitely be there in your time of need...that is YOU! YOU ARE YOUR OWN BEST DEFENSE!**

The R.A.D. Women Basic Physical Defense Course is a series of six, 3 hour classes, given twice a week for three weeks. Our R.A.D. Program will begin Monday, November 1, 2016. Any questions, please contact one of our R.A.D. Women Instructors: Lt. Maari Stainer at (401) 435-7600 x20151, School Resource Officer Tammy David at (401) 433-6230 or Detective Matthew McNulty at (401) 435-7600 x20031.

### Fall 2016 - R.A.D. Class Schedule

Tuesday - 11/01/16 (6pm-9pm)      Thursday - 11/03/16 (6pm-9pm)

Tuesday - 11/08/16 (6pm-9pm)      Thursday - 11/10/16 (6pm-9pm)

Tuesday - 11/15/16 (6pm-9pm)      Thursday - 11/17/16 (6pm-9pm)

\*(Classes held at East Providence Senior Center)

Pre-registration is required either on line [www.eastprovidenceri.net/RAD](http://www.eastprovidenceri.net/RAD) or at the East Providence Police Department, 750 Waterman Ave. A one time, \$20.00 fee is necessary to reserve a slot in this class. **Space is limited!** Grab a family member or friend and attend...YOU ARE WORTH IT!