



# City of Bristol Tennessee

FOR IMMEDIATE RELEASE  
Friday, October 18, 2013

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## **Self-Defense Course Being Offered**

The City of Bristol, in coordination with the Crisis Center and the YWCA is offering a free Self-Defense Training Course. The R.A.D. (Rape Aggression Defense System) course will be taught by certified R.A.D. instructors Detective Dannielle Eller and Sgt. Greg Brown of the Bristol Tennessee Police Department and the Crisis Center's Sexual Assault Program Director, Della McGuire.

The course is open to any female 13 and above. The dates of the course are October 23, October 25, November 6 and November 13 from 6:00 PM to 9:00 PM. Please plan on attending the entire 12-hour course.

October is Domestic Violence Awareness month and it is a great opportunity for women of all ages to come out and meet officers from the department and learn more about self defense. Space is limited so please call 423-968-9444.

The cornerstone of R.A.D. Systems has its foundations in education and awareness. The course includes lectures, discussion and self-defense techniques suitable for woman of all ages and abilities.

For more information contact Detective Dannielle Eller at [deller@bristoltn.org](mailto:deller@bristoltn.org) or by phone at 423-968-1426.

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