

**Sunday, January 7**

- Childbirth "On the Go" Education Class - 1:30pm

**Tuesday, January 9**

- Diabetes Education Classes - 1:00pm
- Frye Regional Birthing Center Pre-registration Informational Sessions - 1:00pm

**Tuesday, January 16**

- Breastfeeding Support Group - 1:00pm
- Diabetes Education Classes - 1:00pm
- Breastfeeding Class - 6:00pm

**Wednesday, January 17**

- Walk-in Wednesdays - 9:00am

**Thursday, January 18**

- Diabetes Support Group
- Frye Regional Birthing Center Pre-registration Informational Sessions - 6:00pm

**Tuesday, January 23**

- Diabetes Education Classes - 1:00pm

**Wednesday, January 24**

- Walk-in Wednesdays - 9:00am

**Wednesday, January 31**

- Walk-in Wednesdays - 9:00am

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**Childbirth "On the Go" Education Class**

**Time:** 1:30pm

Frye Regional Medical Center offers free childbirth classes. Rely on our educators to make you feel comfortable and prepared when your big day comes. Learn what to expect when you're pregnant and what to expect during labor and delivery during this one-day class.

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Topics covered include:

- Body changes during pregnancy
- Differences between true and false labor
- Stages of labor
- Birthing process and medical treatments
- Techniques for comfort, breathing and relaxation
- Postpartum care

Call [828.315.3041](tel:828.315.3041) to register. Or register online [here](#).

### Diabetes Education Classes

**Time:** 1:00pm

The Diabetes Care Center is dedicated to improving the education and care of individuals living with diabetes. Education is provided to patients by Certified Diabetes Educators (CDEs) on staff. The classes will each be 2 hours long, from 1:00 – 3:00 pm and build off of the previous week of education.

### Frye Regional Birthing Center Pre-registration Informational Sessions

**Time:** 1:00pm

Recommended for all mothers delivering at Frye Regional by 28 weeks gestation.

Call [828.315.3041](tel:828.315.3041) to register. Or register online [here](#).

### Breastfeeding Support Group

**Time:** 1:00pm

This support group is led by a registered nurse and board-certified lactation consultant who provide support and guidance for breastfeeding your child.

Call [828.315.3041](tel:828.315.3041) to register. Or register online [here](#).

### Breastfeeding Class

**Time:** 6:00pm

Get breastfeeding off to the best start possible with our breastfeeding class. Our Certified Lactation Consultant provides you with clear, accurate breastfeeding information for the “soon-to-be” new mother.

Call [828.315.3041](tel:828.315.3041) to register. Or register online [here](#).

### Walk-in Wednesdays

**Time:** 9:00am

RNs, join us Wednesdays for on-site interviews from 9:00 am to 2:30 pm, held at our HR office at [828 N Center St, Hickory, NC 28601](#). Learn more about opportunities at Frye Regional Medical Center, tour our facility, and meet with our recruiters.

RSVPs appreciated but not required:

[RSVP HERE](#)

### Diabetes Support Group

**Time:** 6:00pm

Frye Regional’s Diabetes Support Group offers diabetes education to promote and encourage diabetes self-management. The group offers diabetes management techniques, healthy eating tips, general wellness advice and ongoing diabetes education. For more information, call [828.315.3563](tel:828.315.3563).