

Sunday, November 5

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

Tuesday, November 7

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

Tuesday, November 14

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

Wednesday, November 15

- Cancer Support Group - 2:00pm

Thursday, November 16

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

Tuesday, November 21

- Diabetes Education Classes - 1:00pm

Tuesday, November 28

- Diabetes Education Classes - 1:00pm

Childbirth On the Go Education Class

Time: 1:30pm

Frye Regional Medical Center offers free virtual 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. This one-day session will teach you the information of the 5-week class at a faster pace.

To view dates for the 5-week class, click [here](#).

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.

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.

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.

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.

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.

Cancer Support Group

Time: 2:00pm

This monthly support group will provide newly diagnosed or existing patients and their families the chance to connect with others. We will discuss topics such as skin care, nutrition, stress management, and more. The 2023 program meets monthly on the third Wednesday of every month from August 16 – December 20 from 2 – 4 pm in the Frye Regional Medical Center Heart Tower Lobby.

For more information, call [828.315.3468](tel:828.315.3468).