

**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**

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

**Thursday, January 18**

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

**Tuesday, January 23**

- Diabetes Education Classes - 1:00pm

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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](#).