

Sunday, February 9

- Childbirth - 1:30pm

Tuesday, February 11

- Breastfeeding Support Group - 1:00pm
- Breastfeeding Class - 6:00pm

Thursday, February 27

- Heart Failure Support Group - 4:00pm

Childbirth

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.

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](#).

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](#).

Heart Failure Support Group

Time: 4:00pm

All heart failure patients, caretakers and family members are welcome to attend Frye Regional Medical Center's Heart Failure

Support Group led by our Heart Failure Coordinator.

For more information, call 828.315.4624.

To find a doctor, call 828.315.3391.

Valet parking is available.

Light refreshments will be served.