

Tuesday, November 5

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

Wednesday, November 6

- Walk-in Wednesdays - 9:00am

Tuesday, November 12

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

Wednesday, November 13

- Walk-in Wednesdays - 9:00am

Thursday, November 14

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

Sunday, November 17

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

Wednesday, November 20

- Walk-in Wednesdays - 9:00am

Thursday, November 21

- Diabetes Support Group

Wednesday, November 27

- Walk-in Wednesdays - 9:00am

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](#).

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 [328 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](#)

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](#).

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.

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 Support Group

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).