

### Sunday, March 2

- Childbirth - 1:30pm

### Monday, March 10

- Sibling Class - 5:00pm
- Baby Care and Car Seat Safety - 6:00pm

### Tuesday, March 11

- Grandparents Class - 4:00pm
- The Daddy's Way - 6:00pm
- Breastfeeding Class - 6:00pm

### Wednesday, March 12

- Breastfeeding Support Group - 1:00pm

---

### 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](#).

### Sibling Class

**Time:** 5:00pm

A class to introduce soon-to-be big brothers and sisters to the idea of a new baby joining your family and discuss their new important role in the family.

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

### Baby Care and Car Seat Safety

**Time:** 6:00pm

Get ready for life with your newborn baby! Learn to recognize your baby's needs and amazing abilities as you explore ways of caring for and comforting your infant.

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

### Grandparents Class

**Time:** 4:00pm

A new grandchild! Are you a bit anxious that there may have been some changes since you gave birth to your own children? Do you need to learn more to help support the new parents? This class will help the new grandparent!

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

### The Daddy's Way

**Time:** 6:00pm

The Daddy's Way gives dads-to-be everything they need to thrive as fathers. Join us virtually as we build your skills, confidence and knowledge, and leave you feeling informed and prepared for what is ahead.

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](#).

### 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](#).