

**Wednesday, September 4**

- Walk-in Wednesdays - 9:00am

**Monday, September 9**

- Grandparents Class - 4:00pm
- Sibling Class - 5:00pm
- Baby Care and Car Seat Safety - 6:00pm

**Tuesday, September 10**

- Diabetes Education Classes - 1:00pm
- Frye Regional Birthing Center Pre-registration Informational Sessions - 1:00pm
- The Daddy's Way - 6:00pm

**Wednesday, September 11**

- Walk-in Wednesdays - 9:00am

**Thursday, September 12**

- Nurse Recruitment Event - 12:00pm

**Sunday, September 15**

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

**Tuesday, September 17**

- Diabetes Education Classes - 1:00pm

**Wednesday, September 18**

- Walk-in Wednesdays - 9:00am

**Thursday, September 19**

- Diabetes Support Group

**Tuesday, September 24**

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

**Wednesday, September 25**

- Walk-in Wednesdays - 9:00am

**Thursday, September 26**

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

### 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](#)

### 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](#).

### 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](#).

### 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](#).

### 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](#).

### Nurse Recruitment Event

**Time:** 12:00pm

Are you an RN looking to be a part of the Frye Family? Join Frye Regional Medical Center for our nursing recruitment event. Meet with dynamic department directors, participate in interviews, and potentially receive a job offer all in one day. **Lunch will be provided.**

We have a wide range of specialized positions at Frye Regional, where you can make a large impact on our community.

#### Specialized Services:

- Cardiovascular Intensive Care Unit
- Cardiovascular Stepdown Unit
- Medical Intensive Care Unit
- New Grad RNs
- OR Recovery (PACU)
- Orthopedics/Neurosurgery
- Post Surgical
- And More!

To see open nursing opportunities and apply ahead of time, visit our Careers site [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.

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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 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).

### 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](#).