



# Pregnancy Support Programs

## Nursing Stations

Are you currently pregnant or nursing?  
Here are some FAQs:

1. **Are there any nursing stations on base?** Yes, there are several across the base. Please contact your supervisor and see if your squadron has one.
2. **What if my squadron does not have a nursing station?** Please contact the community support coordinator at 229-257-9472 or email [phaydra.crews@us.af.mil](mailto:phaydra.crews@us.af.mil).
3. **What do I need to bring to the Nursing station?** Pump, bottles, and comfortable blanket is optional. All rooms should have a chair to sit and the ability to hook up your pump.
4. **Are Civilians and Contractors able to use these rooms?** Yes.
5. **What if my squadron doesn't allow me time to pump?** Please contact



## Pregnancy/Post Partum

Did you know Moody has a Pregnancy and Post Partum Nutrition Class?

The base Nutritionist Sandra Stuart will be offering classes to women that are currently pregnant or post partum.

In order to participate, please contact her at 229-257-1470. Currently this program is only open to Active Duty.

## Airmen's Angels

Airmen's Angel's is for women and families who suffer from infertility concerns, miscarriages, stillbirths, ectopic pregnancy, or the loss of small children. The group meets every 2nd Wednesday at the Chapel from 1100 to 1300. If you are in need of support please contact us at 229-257-9472 or 229-257-1652. Or reach out on the Airmen's Angel Facebook page <https://www.facebook.com/airmensangels/>

### Fit for Two! Pregnancy and Post- Partum Nutrition Classes

Pregnancy Class

@1000

Post-Partum Class

@1300

7 January	2 July
4 February	6 August
3 March	3 September
7 April	6 October
5 May	3 November
2 June	1 December

Call Sandra Stuart MS, RDN, CSSD, LD  
Health Promotion Dietitian

To sign up!  
229-257-1470