



Crystal N. Armstrong

Associate

Contact

Nashville

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Overview

Crystal Armstrong helps health care organizations navigate complex state and federal regulations and challenges, developing robust, growth-oriented legal strategies for streamlined operations and risk-averse structures for long-term compliance.

Crystal boasts experience conducting health care regulatory due diligence in mergers, acquisitions, and other transactional arrangements, as well as drafting and reviewing necessary transactional documents. She has assisted in counseling a diverse client base – spanning pharmacies, health care providers, commercial Medicare and Medicaid managed care organizations, life science companies, and health care industry investors – on a wide variety of regulatory and compliance matters.

In addition, Crystal has gained experience assisting high-net-worth clients with estate planning matters and general business law, including drafting and reviewing estate planning documents and business materials, and collaborating with key stakeholders and advisors to develop comprehensive estate plans. This multidisciplinary work lends itself to her current practice, in which she regularly analyzes intersecting interests and regulations to both avoid risk and maximize advantages.

While earning her Juris Doctor at The University of Alabama School of Law, Crystal served as the vice president of the Black Law Student Association, president of the Health Law Society, a Law School Ambassador, a member of the Bench and Bar Legal Honor Society, and the acquisitions & development editor for the *Law & Psychology Review*.

Prior to attending law school, Crystal spent five years as a school psychologist, a background which helps her better interpret complex relational dynamics and prioritize strong client communication.

Education

- University of Alabama School of Law, 2023 (J.D.)
- Middle Tennessee State University, 2015 (Ed.S.)

- Middle Tennessee State University, 2014 (M.A.)
- Tennessee State University, 2012 (B.S.), *summa cum laude*

Bar Admissions

- Tennessee
- Texas

Community Involvement

- Communities in Schools of Tennessee, Board Member, 2026
- Nashville Young Leaders Council, Fall 2025 Cohort
- Rejoice School of Ballet, Volunteer
- Arts & Business Council of Greater Nashville, Volunteer Lawyers & Professionals for the Arts Advisory Committee

Memberships

- Georgetown Law Tax LLM. Council, Employee Benefits Committee, Co-Chair
- Lawyers' Association for Women, Marion Griffin Chapter, Networking Committee, Co-Chair
- American Bar Association
- National Bar Association
- Tennessee Bar Association
- Nashville Bar Association
- Napier Looby Bar Association
- Estate Planning Council of Middle Tennessee