Crystal Browning, RN was born and raised in Suffolk, Va. She is the sixth of seven children. She is the daughter of Janie Gates- Moore and the late Eugene Gates, Sr. She is married to Lewis T. Browning Jr. and they have two daughters, Jada Keeling, 22 and Ayonnia Murrell- Browning, 19. Crystal was born to serve, she joined the United States Army in Sept. 1998 as a 91B, Medical Specialists. During her enlistment, she deployed to peacekeeping missions in Bosnia as well as Operation Iraq Freedom from 2003-2004. During Operation Iraqi Freedom, she was a part of the 3rd Infantry Division, a combined arms and mechanized infantry division of the United States Army based at Fort Stewart, Georgia.

Upon her separation from the US Army, she continued to serve her community as a Cardiac Technician at Sentara Norfolk General Hospital, located in Norfolk, VA. Her passion for caring for others and serving the public lead her to nursing school, where she received her degree as a Registered Nurse. Crystal is currently working as a trauma nurse at Sentara Norfolk General Hospital; ranked the #2 hospital in Virginia and the top hospital in Hampton Roads. She has received numerous awards and recognition for her passion and commitment to her patients. She is currently enrolled at Liberty University in the RN to MSN program, where she plans to continue the education in Nursing.