



Heather Lynn Armstrong

JUL 14, 1969 - APR 13, 2026



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Heather Lynn Armstrong

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Heather Lynn Armstrong, 56, of Fayetteville, AR passed peacefully to Heaven on Monday, April 13, 2026. She was born July 14, 1969 in Janesville, WI to Bruce and Joan (Kaitschuk) Armstrong. Heather spent her early years surrounded by a large circle of family and friends in Williams Bay, WI. In 1973, the Armstrong family moved from Wisconsin to Fayetteville to open the Armstrong Bros. Tool Co. Heather was fortunate to develop relationships with many wonderful people in Fayetteville. From her big smile to her always happy personality, Heather touched many lives. She loved her big family and being with all the friends who gathered frequently at the Armstrong home. Heather had a sweet spot in her heart for dogs, Wheel of Fortune, and the Dallas Cowboys. She was an avid bowler for many years, earned a black belt in Tae Kwon Do, and won multiple gold medals in the Special Olympics.

She was a member of Emmanuel Lutheran Church in Fayetteville.

Heather was preceded in death by her father, Bruce Armstrong, Sr. She is survived by her mother, Joan Armstrong, her three brothers, Bruce (Karen) Armstrong, Rob (Beth) Armstrong, and Spencer (Kristin) Armstrong, seven nieces and nephews, Meredith (Thomas) Puckett, John Armstrong, Nick Armstrong, Reid (Stephanie) Armstrong, Jill Armstrong, Jack Armstrong, and Bruce W. Armstrong, and grandniece Emma Armstrong and grandnephew Thomas Puckett, all of Fayetteville, AR.

The Armstrong family is deeply grateful to the caregivers who provided exceptional care for Heather during her later years. You made a difference in her life.

We invite all to celebrate Heather at a visitation gathering on Wednesday, April 22nd from 3:00-5:00 pm at the Elks Lodge, 4444 N. Crossover Road, Fayetteville, AR.



Obituary

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In lieu of flowers, memorial contributions may be made to The Elizabeth Richardson Center, Special Olympics at <https://donorcrm.givesmart.com/donate/9MUhRtL> or Emmanuel Lutheran Church in Fayetteville, AR at <https://onrealm.org/elcnwa/-/form/give/form1>

To sign the online guest book please visit <https://www.bernafuneralhomes.com>




Events


Heather Lynn Armstrong

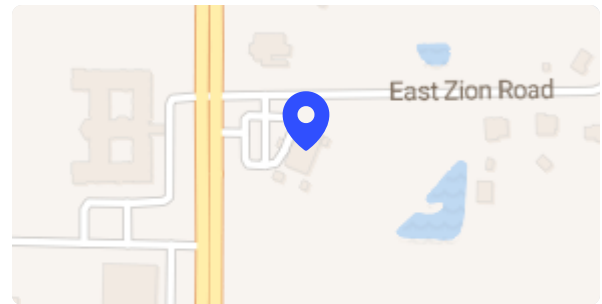
JUL 14, 1969 - APR 13, 2026

Visitation

 **Wednesday**, April 22, 2026

 3:00 PM - 5:00 PM CT

 **The Elks Lodge**
4444 North Crossover Road, Fayetteville AR
72703





Tribute Wall

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Randy Edwards posted:

Heather was one of my Taekwon-Do students and made it to third-degree black belt! She was one of those rare students who leave a permanent mark on your life. From the very beginning, she carried a spirit that set her apart. She worked hard—really hard—and never once chose the easy way out. When something was difficult, when others might hesitate or doubt themselves, Heather's response was always the same: "Yes sir, I'll try." That mindset defined her. She didn't look for limits—she looked for growth. But what made Heather truly special wasn't just her work ethic—it was her heart. She walked into every class with a smile and left the same way, never missing a chance to share a hug, to lift someone else up, or to make the room just a little brighter. There was a genuine gratitude in her—an appreciation for the opportunity to train, to learn, and to be part of something bigger than herself. Heather didn't just grow as a martial artist—she strengthened everyone around her. Students watched her. They learned from her example. And whether she realized it or not, she raised the standard simply by being who she was. I can say with complete honesty—Heather made me a better person. As an instructor, as a leader, and as a man. Teaching her was a privilege I will always be grateful for. She will be remembered not just for her strength, but for her kindness. Not just for her effort, but for her spirit. And she will never be forgotten.

April 16 at 1:21 PM



Deyanira Villanueva April 16 at 8:17 PM

As she always said practice makes perfect!



Memories only last if you share them

Join us in honoring Heather by contributing to a collection of shared memories.



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