



Lauren P. Carboni

Lauren Carboni is a healthcare regulatory attorney with Foley & Lardner LLP in Denver. She is a member of the firm’s Health Care Industry Team and Cannabis Industry Team.

PROFILE

Hometown:

Castle Rock

Law School:

University of Denver Sturm College of Law

Lives in:

Denver

Works at:

Foley & Lardner LLP

Practice Areas:

Health Law and Cannabis Law

CBA Member Since:

2013

What’s the best advice you’ve ever been given?

Make time for yourself. Block an hour off on your calendar either daily or a few times per week and keep it. Use that time to do something you love or need.

What do you like most about your practice area?

I enjoy the diversity of clients in my practice area. As a healthcare attorney, I work with large healthcare systems, hospitals, physician practices, startup companies in the healthcare tech space, and many others. The work is always challenging and never the same.

What is one of the most positive experiences you’ve had as a lawyer?

One of my first pro bono clients was a man whose health had deteriorated significantly during his 20-plus years in jail. Due to his lack of access to medical care, he had developed many comorbidities and was wheelchair bound. Instead of suing the prison for failing to provide medical care, I was able to successfully parole my client to the community. Despite challenges, he flourished in the “real world.” He received the medical care he so desperately needed, reconnected with his family, and has remained a free man.

What organizations are you involved in?

I am a founding board member of the Colorado Lawyers Committee Young Lawyers Division and the vice chair of the Chanda Center for Health, which provides integrative therapy, primary, care, and other complementary services to improve health outcomes and reduce healthcare costs for people with physical disabilities.

If you weren’t a lawyer, you’d be?

A photographer. I minored in fine arts in undergrad and have always had a keen interest in traditional photography. Shooting on film and spending hours in a dark room processing images sounds like a dream to me.

What is your favorite place to escape to in Colorado?

Grand Lake.

What is the most random job you’ve ever had?

One summer during high school, I worked in the maintenance shop at the Castle Pines International Golf Course. From dawn till dusk, I picked Poa Annua from the greens and scooped sludge from the water features. It was grueling work, but I loved being outside all day long.


How do you find work/life balance?

Movement! Movement helps me to reset and keeps me grounded and balanced. I strive to do something active every day, even if it is just doing air squats in my office between phone calls.

What sport do you love to play or watch or both?

I love to watch football, and I love to play soccer.

What advice would you give a new lawyer?

A positive attitude, the willingness to learn, and taking ownership of your work will get you far. 

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