



Marrisa Axelrod

RN, BSN, MPH, CPT

Integrative Wellness Coach & Inspirational Speaker

Marrisa Axelrod is a powerhouse speaker, Integrative Wellness Coach, cancer survivor, and solo mama with 24+ years of sobriety. With a background in nursing, public health, and trauma-informed healing, she blends science and soul to guide individuals through life's deepest transitions—from illness and grief to personal rebirth.

Her story is one of radical resilience: addiction, cancer, pregnancy loss, heartbreak, career loss, and the path to healing. Marrisa has presented to audiences of 900+, delivered hundreds of trainings, and now uses her voice to move rooms and spark transformation. Her tools include breathwork, Reiki, meditation, movement, mindset, and a deep understanding of both the human body and spirit.

SIGNATURE TOPICS

- ✓ Women's Empowerment
- ✓ Wellness and Self-care
- ✓ Managing Anxiety and Stress
- ✓ Being Your Authentic Self
- ✓ Resiliency & Recovery
- ✓ Healing After Crisis
- ✓ The Nervous System & Trauma

LET'S WORK TOGETHER!

Please feel free to contact me for any concerns or questions.

✉ Marrisa@livefreewellness.org

🌐 www.livefreewellness.org

Raw. Empowering. Real. Marrisa doesn't just share—she shifts energy in the room. With truth, transparency, and tools, she helps audiences reconnect with themselves and walk away feeling grounded, hopeful, and ready to reclaim their lives.