



Erik Richard Frese Salzenstein

April 19, 1990 - January 11, 2023

Erik Salzenstein, 32, of Orlando passed away on Wednesday, January 11, 2023. Born April 19, 1990 in Bangor, Maine, Erik was a loving son, an inspirational brother, proud father, amazing friend and motivated coach.

Erik loved spending time with family, wakeboarding, lifting weights, running with his dogs, bowling and going to Dave and Busters with his son Jace. He was known for his huge heart, the strength of a lion, quick wit, wicked smarts, an infectious sense of humor and a smile that could light up any room.

Through his coaching and motivational speaking, including an inspirational TEDx Talk about positive change and growth, Erik was a powerful example of transformation. He inspired others to always take action to make positive changes regardless of the circumstances. Erik had an incredible will to learn and to stretch his comfort zone because he was so committed to personal growth. His favorite uplifting message to the world was, "Let's grow together."

Erik lives on through his parents, Richard and Cele Salzenstein; his sisters, Ashley and Brianna; brother Jeffrey, and his son, Jace.

Funeral services will take place at the Holy Family Catholic Church in Orlando, FL on January 28th, 2023 at 10:15 AM. All are invited. Flowers, donations, and condolences may be offered at 5125 S Apopka Vineland Rd, Orlando, FL 32819.

The family has set up a Gofundme for Erik's memorial services.

Please follow this link if you would like to help contribute: <https://gofund.me/89b0d25c>

Cemetery Details

Dr. Philips Cemetery

7900 South Apopka Vineland Road
Orlando, FL 32819

Previous Events

Catholic Funeral Mass

JAN 28. 10:15 AM (ET)

Holy Family Catholic Church
5125 S Apopka Vineland Rd
Orlando, FL 32819

Tribute Wall

JA

“ *real*

Jafaq - November 18, 2024 at 12:16 PM

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“ *Erik ripped me off of a lot of money and was greedy person. I pray he found peace and is with the Lord. He tested my faith in people and pushed me to the edge in a bad way. One of the worst people to do business with. But now he is with the Lord hopefully. Godspeed*

anonymous - August 27, 2024 at 07:09 AM



“ *Small Garden Dish was purchased for the family of Erik Richard Frese Salzenstein.*



January 27, 2023 at 05:29 PM



“ *Arrive in Style was purchased for the family of Erik Richard Frese Salzenstein.*



January 24, 2023 at 10:09 AM



“ *Simply Elegant Spathiphyllum was purchased for the family of Erik Richard Frese Salzenstein.*



January 20, 2023 at 05:56 PM



“ *Peaceful White Lilies Basket was purchased for the family of Erik Richard Frese Salzenstein.*



January 19, 2023 at 06:34 PM