

Ready to start planning your care? Call us at [646-926-0945](tel:646-926-0945) to make an appointment.

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Memorial Sloan Kettering  
Cancer Center

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FOR THE MEDIA

The following are videos of selected meetings, lectures, and discussions designed to assist in adjustment to life after cancer treatment.

Each program is tailored to a specific aspect of living well after cancer. These programs are sponsored by our [Resources for Life After Cancer program](#) and [CancerSmart](#) lecture series.

Many of the videos below can be viewed in [iTunes](#) .



VIDEO | 28:00

[Watch: Donna Wilson On Importance of Fitness for Cancer Survivors](#)

Fitness expert Donna Wilson of Memorial Sloan Kettering explains the benefits of physical activity and demonstrates exercises for cancer survivors.

