

Ready to start planning your care? Call us at [800-525-2225](tel:800-525-2225) to make an appointment.

×



Memorial Sloan Kettering  
Cancer Center

[Make an Appointment](#)  
[Back](#)

[Medical Assistance & Treatment Resources for Survivors](#)  
[Learn About Cancer & Treatment](#)

## ABOUT US

[Our mission, vision & core values](#)

[Leadership](#)

[History](#)

[Inclusion & belonging](#)

[Annual report](#)

[Give to MSK](#)

## 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.

© 2025 Memorial Sloan Kettering Cancer Center